

Quick Tips

Rotini Di Modena with Chicken & Spinach

20 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Put a saucepan of water on to boil.

Leftovers Tip Turn leftovers into a pasta frittata, or just bake with cheese!

Salmon with Lemon and Asparagus

25 Min to Table	25 Min Hands On	2 Whisks Easy
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Getting Started No pre-work needed.

Speed Tip Cook the asparagus and salmon at the same time.

From Your Pantry You'll need 1/4 c flour and 3/4 T butter per serving.

Massaman Steak Curry

25 Min to Table	25 Min Hands On	2 Whisks Easy
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Getting Started Put a saucepan of water on to boil.

Meal Tip For extra flavor, add water to the pan with the peppers and almonds.

Mediterranean Flatbread

40 Min to Table	10 Min Hands On	2 Whisks Easy
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Getting Started Preheat your oven to 425 & take dough out of fridge.

Omnivore Option Shrimp works well in this meal.

From Your Pantry You'll need flour, olive oil, salt and pepper.

Panang Curry with Broccoli & Cauliflower

30 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Put water on to boil. (1 c per serving)

Omnivore Option Roasted chicken breast is great with this dish.


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Roasted Zucchini with Guacamole Rice

25 Min to Table	10 Min Hands On	1 Whisk Super Easy
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When Your Meals Arrive Check your avocado. If it is not yet ripe, store it on the counter. If it is ready to go, keep it in the fridge.

Getting Started Preheat your oven to 425 and boil a pot of water.

Omnivore Option A seasoned bone-in pork chop would be our choice.

Portobello Grilled Cheese

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Heat oil in medium skillet.

From Your Pantry You'll need a little cooking oil.

Pozole de Pescado

30 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Prep the filapia, see recipe card for full instructions.

Add Spices Add a few pinches of crushed red pepper to the pozole for a kick.

Meal Tip Serve with Tortilla Chips for more fun!

Hawaiian Quesadilla

20 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 400.

From Your Pantry You'll need a little vegetable oil.

Kentucky BBQ Tacos with Fresh Cabbage Slaw

35 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 400.

Meal Tip Make the slaw and bake the tofu ahead for a quick meal.

Fingerling Potato Salad with Kale & Cranberries

15 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Put a pot of water on to boil.

Rotini di Modena with Chicken & Spinach

This gem starts with a creamy balsamic sauce members have gone wild for. Paired with juicy chicken breast, sautéed spinach and rotini pasta, it's a speedy recipe the family will love.

20 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Saucepan
- Mixing Bowl
- Deep Skillet or Large Saucepan

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Rotini Pasta
- Chicken Breast
- Spinach
- Grape Tomatoes
- Balsamic Cream
- Goat Cheese

Make The Meal Your Own

This dish tastes just as great cold as it does hot, so it's perfect as a make-ahead dinner or a quick pack-and-go lunch.

Leftovers Tip – Toss your leftovers in a small casserole dish, top with shredded cheese (Chef Max recommends mozzarella) and bake until the pasta is hot and the cheese is melted, about 10 to 15 minutes.

Our cage-free chickens thrive on an all-natural diet. They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

Good To Know

If you're making the gluten-free version, we sent you gluten-free pasta.

Be sure to generously season your chicken with salt and pepper before cooking. Chef Max recommends using ¼ tsp of each.

Health snapshot per serving – 770 Calories, 36g Fat, 58g Protein, 54g Carbs, 25 Smart Points

Lightened up snapshot - 525 Calories, 12g Fat, 15 Smart Points with half the pasta and 2/3 goat cheese.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Free-Range Chicken Breast, Grape Tomatoes, Whole Wheat Rotini Pasta, Spinach, Heavy Cream, Goat Cheese, Balsamic Vinegar, Brown Sugar, Concentrated Vegetable Stock, Garlic, Herbs

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Pasta

Add the **Rofini Pasta** to the boiling water. Cook until al dente, about 7 to 9 minutes, drain and return to the saucepan. Combine the warm, cooked pasta with the **Spinach** in the saucepan.

3. Prep the Chicken

While the pasta is cooking, pat the **Chicken Breast** dry with a towel. Place the chicken on a cutting board. Using a sharp knife, cut the chicken breast lengthwise into long strips, about ¼" wide. Rotate the chicken breast 90 degrees and then cut across to create small, even cubes of chicken.

Once the chicken is cut, generously sprinkle with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

4. Cook the Chicken and Tomatoes

Heat 1 ½ Tbsp olive oil in a deep skillet (or large saucepan) over high heat. When the oil is smoking, add the **Chicken Breast** and **Tomatoes**. Cook until the chicken is browned on one side, about 4 minutes, and then stir. Continue sautéing until chicken is fully cooked, about 3 to 4 more minutes. Add the **Balsamic Cream** and bring to a boil. Turn off the heat. Season with salt and pepper to taste. Remove to a mixing bowl.

Add the tomatoes and chicken gently; the oil will be extremely hot and you want to avoid splashes.

5. Put It All Together

Serve pasta with **Goat Cheese** crumbled on top. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Massaman Steak Curry

We think of Massaman curry as a tasty blend of Thai and Indian flavors. With cardamom, cinnamon, cloves, and cumin (to name a few of the spices), it's heavily influenced Indian curries, yet still distinctly Thai. This week we're tossing it with peppers, almonds and sirloin steak for a dinner the whole family will love.

25 Minutes to the Table

25 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

Two Saucepans
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Jasmine Rice
Massaman Curry
Sauce

Steak

Peppers & Almonds
Herbs & Coconut

Make The Meal Your Own

For extra rich beef flavor, add 2 Tbsp water to the skillet with the peppers and almonds as soon as they are done cooking. Using a spatula, give everything a good stir, scraping all the flavorful bits off the bottom of the pan.

It's important to let the steaks rest to keep them tender and juicy. Give them at least 3 to 5 minutes off the heat before you slice and serve.

Good To Know

Be sure to generously season your steak with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. Chef Max recommends using ½ tsp of each.

Health snapshot per serving – 685 Calories, 47g Protein, 23g Fat, 75g Carbs, 20 Smart Points

Lightened up snapshot – 477 Calories, 21g Fat and 16 Smart points if you skip the rice for a low-carb version.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Coconut Milk, Steak, Jasmine Rice, Bell Peppers, Red Onion, Almonds, Rice Wine Vinegar, Brown Sugar, Tamari, Lime Juice, Coconut, Massaman Curry Paste, Ginger, Cilantro, Basil, Garlic

meez *meals*

1. Get Organized

Bring 2 cups of water to a boil in a large saucepan.

2. Cook the Rice

Add the **Jasmine Rice** to the boiling water with a pinch of salt. Reduce the heat to low, cover and simmer until it reaches the desired texture, about 20 to 25 minutes. Remove the rice from the heat, but keep covered.

3. Heat the Sauce

While the rice is cooking, pour the **Massaman Curry Sauce** into a small saucepan. Simmer the over medium-low heat until rapidly bubbling and slightly thickened, about 12 to 15 minutes.

4. Cook the Vegetables

Heat 1 Tbsp oil in the now-empty skillet over high heat. When the oil is hot, add the **Peppers & Almonds** and cook, stirring constantly, until the onions are translucent and the peppers are starting to brown on the edges, about 4 to 6 minutes.

5. Cook the Steak

Heat 1 Tbsp of oil in a skillet over high heat. While the skillet is heating, pat the **Steaks** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the skillet is very hot, add the steaks. Cook until the bottoms brown and the sides start to color, about 3 minutes.

- **If you prefer your steak medium-rare**, flip and continue cooking 3 minutes. Remove from the heat and let rest for 5 minutes.
- **If you prefer your steak medium**, flip and continue cooking for 4 minutes. Remove from the heat and let rest for 5 minutes.
- **If you prefer your steak medium-well or well done**, flip and continue cooking for 5 to 6 minutes. Remove from the heat and let rest for 5 minutes.

To test if the skillet is hot enough for the beef, hold your hand about 6 inches above the skillet. If you can feel serious heat, it's ready to go.

Beef continues to cook as it rests, so remove it from the heat when it's a little less done than you like to prevent it from overcooking.

After the steaks have rested, place them horizontally on a cutting board. Using a sharp knife, cut the steaks into even strips (we aim for ½" x 1" pieces).

6. Put It All Together

Serve the rice topped with sliced steak and peppers. Spoon the curry sauce over the top the garnish with the **Herbs & Coconut**.

Instructions for two servings.
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Mediterranean Flatbread

How many yummy flavors can you put on one flatbread? We're rubbing a delicious sage glaze over fresh pizza dough, and then topping it with crispy kale, dates, capers and plenty of gouda cheese. A final drizzle of glaze on top finishes off this sunny, sophisticated flatbread.

40 Minutes to the Table

10 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

Rimmed Baking Sheet

FROM YOUR PANTRY

Flour
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Kale
Pizza Dough
Sage Glaze
Gouda & Mozzarella
Dates & Capers

Make The Meal Your Own

Omnivore's Option – Shrimp is a tasty addition. Add it in the last 10 minutes of cooking, tucked under the cheese.

Cooking with a picky eater? Skip the dates and capers on their portion.

Good To Know

If you're making the vegan version, we've left the cheese out of your meal.

Health snapshot per serving – 805 Calories, 20g Protein, 6g Fiber, 30 Smart Points

Lightened up snapshot – 556 Calories, 34 g Fat and 22 Smart Points with half the cheese and half of the glaze.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Kale, Whole Wheat Pizza Dough, Olive Oil, Gouda Cheese, Mozzarella Cheese, Dates, Cider Vinegar, Brown Sugar, Capers, Herbs and Spices

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1. Getting Organized

Preheat your oven to 425 and take the pizza dough out of the refrigerator.

Don't forget to take out the dough. Warmer dough is easier to work with!

2. Bake the Kale

Put the **Kale** on a baking sheet and drizzle with 1 Tbsp olive oil, 1 Tbsp of water, and a generous pinch of salt. Toss well and bake until it starts to crisp, about 10 to 15 minutes.

3. Assemble the Flatbread

While the kale is cooking, shape your **Pizza Dough**. Sprinkle your counter with a little flour and stretch the dough into shape. The size and thickness are up to you, but we target about ¼" thickness.

We usually make two-person pizzas - ours are about 8' wide and 14" long.

Spread 1/3 of the **Sage Glaze** over the dough, rubbing it in with your fingers. Top with the baked kale, pushing it down on to the dough a bit. Top with the **Gouda & Mozzarella, Dates & Capers** and half of the remaining sage glaze. Bake until the crust is golden brown and the cheese melts, about 15 to 20 minutes.

We may have given you extra toppings, don't worry! They make a great side dish!

Drizzle extra glaze on top to taste. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois *

Salmon with Lemon & Asparagus

Lemon brings out the best in salmon. Particularly when it's part of a white wine and caper sauce. Together, they add a brightness and sophistication that can't be beat. Add fresh asparagus, and you have a recipe the family will love.

25 Minutes to the Table

25 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Mixing Bowl
Shallow Pie Pan or Plate
Large Skillet

FROM YOUR PANTRY

½ Cup Flour
1 ½ Tbsp Butter
Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Asparagus & Fennel
Salmon
Capers & Sunflower
Seeds
White Wine Lemon
Sauce

Make The Meal Your Own

Speed Trick – Use 2 skillets and cook the asparagus and salmon at the same time.

Salmon has a reputation for being tricky to cook. Chef Max says the key to perfect salmon is making sure you don't overcook it. Cook over high heat for a few minutes per side and then let it rest. The salmon continues cooking as it rests, so let it sit 5 minutes, covered, off the heat before you cut into it and check for doneness.

Not sure about fennel? Forget its reputation for having a strong licorice flavor. Once it's sautéed with asparagus and paired with our lemon sauce, it mellows out and adds a great texture and depth of flavor that we just love.

Our salmon is responsibly fished, so it's free from dyes, antibiotics and any industrial grain-based diets.

Good To Know

Health snapshot per serving – 420 Calories, 19g Fat, 25g Protein, 27g Carbs, 12 Smart Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Salmon, Asparagus, White Wine, Fennel, Capers, Sunflower Seeds, Lemon Juice, Brown Sugar, Garlic, Lemon Zest, Miso, Concentrated Vegetable Stock, Herbs

meez meals

1. Cook the Rice and Edamame

Put the **Jasmine Rice** into a saucepan with 2 cups of water and a pinch of salt. Bring to a boil, cover and let simmer for 15 minutes.

After the rice has been simmering for 10 minutes, remove the lid and stir in the **Edamame**. Cover again, cook for 5 more minutes, then set aside.

2. Cook the Cauliflower and Broccoli

After you've added the edamame to the rice, heat 1 Tbsp olive oil in a large skillet over medium-high heat.

Add the **Cauliflower & Broccoli**, and cook until the broccoli is bright and the cauliflower is just fork tender, 7 to 12 minutes.

Add the **Seasoned Coconut Milk** and half of the **Curry Paste** (more if you like it spicy) and simmer for 3 minutes. Serve the rice topped with the cooked vegetables and a sprinkling of **Peanuts**. Enjoy!

Add a little water to the sauce if you'd like it to be thinner.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Panang Curry with Broccoli & Cauliflower

Say goodbye to your favorite Thai restaurant! This curry is fresher and tastier than anything we've had outside of Bangkok. We're cooking broccoli and cauliflower up in a delicious coconut and basil curry. Edamame and jasmine rice round it out. Yum! (Do note, this recipe has a spicy kick to it.)

30 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Jasmine Rice
Edamame
Cauliflower & Broccoli
Seasoned Coconut Milk
Curry Paste
Peanuts

Make The Meal Your Own

Omnivore's Option – Roasted chicken breast is great with this dish. Slice it, and then add to the broccoli and cauliflower.

Don't love spice? The curry paste has a kick to it. Add just a little bit to start and taste as you go.

Good To Know

Health snapshot per serving – 675 Calories, 26g Protein, 14g Fiber, 21 Smart Points.

Lightened up snapshot – 366 Calories, 8 g Fat and 13 Smart Points if you skip the peanuts.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Cauliflower, Broccoli, Coconut Milk, Rice, Edamame, Peanuts, Brown Sugar, Red Curry, Yellow Curry, Lime Juice, Basil

meez meals

1. Cook the Asparagus

Heat 1 Tbsp oil in a large skillet over medium-high heat. Add the **Asparagus & Fennel** and cook until the asparagus is bright green and the fennel is just starting to brown, about 5 to 7 minutes. Remove to a bowl or serving dish. Wipe out the skillet and return to the stove.

2. Cook the Salmon

Pour ½ cup flour in a shallow pie pan or on to a plate and add a generous pinch of salt and pepper. Pat the **Salmon** fillets dry with a paper towel and coat with the flour, making sure each fillet is covered. Repeat this process with remaining salmon pieces.

Heat 2 Tbsp of oil in a large skillet on high heat. Add the salmon and cook 4 minutes. Flip and cook an additional 2 minutes. Remove the salmon fillets to the bowl or serving dish with the asparagus and fennel. Pour out any excess oil from the pan.

Place the salmon in the pan gently to avoid any oil splashing.

3. Make The Lemon Caper Sauce

Return the now-empty skillet to the stove over medium-high heat. Add the **Capers & Sunflower Seeds** and cook, stirring, until the seeds start to brown and the capers begin to pop, 2 to 5 minutes. Pour the **White Wine Lemon Sauce** into the pan and simmer until the liquid has reduced by half, about 5 to 7 minutes.

It's OK if your skillet still has a little flour from the salmon - it will help thicken the sauce.

Remove the skillet from the heat and stir 1 ½ Tbsp butter into the sauce. Pour the lemon caper sauce over the salmon and asparagus to serve. Enjoy! *Love this recipe? *meezmagic*

Finishing with butter gives the sauce its body. Resist the urge to skip on it.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois *

Roasted Zucchini with Guacamole Rice

This recipe started with our favorite guacamole made with fresh tomatoes, cilantro and just the right Mexican spices. We wondered if we could transform it from a delicious appetizer to a healthy dinner. When we hit on the idea of mixing it up with black beans, rice, roasted zucchini and candied limes, we knew we had a meal even better than the original.

25 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Saucepan
- 2 Rimmed Baking Sheets
- 2 Mixing Bowls

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Sugar

6 MEEZ CONTAINERS

- Rice
- Black Beans & Corn
- Zucchini
- Lime
- Avocado
- Salsa

Make the Meal Your Own

Omnivore's Option – A seasoned bone-in pork chop would be delicious served under the rice.

Cooking with a picky eater? This recipe is a crowd pleaser. If you're eating with someone who doesn't love zucchini, though, serve the rice with sweet potatoes or another favorite veggie.

Good to Know

When your meals arrive - Check your avocado. If it is not yet ripe, store it on the counter. If it is ready to go, keep it in the fridge.

Health snapshot per serving – 590 Calories, 19 g Protein, 23 g Fiber, 18 Smart Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Zucchini, Black Beans, Corn, White Rice, Avocado, Lime, Grape Tomatoes, Onion, Cilantro, Garlic, Jalapeno Pepper, Herbs and Spices

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1. Get Organized

Preheat your oven to 425 and put a saucepan of water on to boil.

2. Cook the Rice

Salt the boiling water and add the **Rice**. Cook until tender, about 15 minutes, then drain and return to the pan. Mix in the **Black Beans & Corn**. Cover and let sit for 5 minutes.

3. Roast the Zucchini

While the rice is cooking, toss the **Zucchini** with ¼ cup olive oil and season with salt and pepper. Arrange in a single layer on a baking sheet and roast until golden brown, about 15 to 20 minutes.

We're using a lot of oil to help the zucchini crisp. You'll leave the excess behind in step 5.

4. Candy the Limes

Slice the **Lime** into thin rounds, removing any seeds. Combine 1 tsp of sugar, 1 tsp of olive oil, and 1 tsp of water into a mixing bowl. Add the sliced limes and toss to coat. Arrange in a single layer on a baking sheet. Bake for 6 minutes, then flip and continue baking for another 6 minutes. Let cool for 5 minutes and then cut each round into quarters.

The limes will still be soft after 12 minutes, but they will firm up as they cool.

5. Put It All Together

Mash the **Avocado** in a large mixing bowl and add 1/3 of the **Salsa**. Mix well and season with salt and pepper to taste. Add half of the rice, stir to incorporate, and then stir in the remaining rice.

Serve rice with roasted zucchini (being careful to leave excess oil in the pan), candied limes and remaining salsa. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Pozole de Pescado

Think modern Mexican. We're serving up mild tilapia in a bowl of delicately flavored Mexican tomato broth (pozole), corn, black beans and crispy tortilla chips. The result is a soup that's bright, light and just what you're craving.

30 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan or Dutch Oven

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Carrots & Celery
Tilapia
Tomatoes & Spices
Corn & Beans
Tortilla Chips

Make The Meal Your Own

Want to make the meal more fun? Serve with tortilla chips as dippers.

Like it hot? Add a pinch of crushed red pepper or a dash of your favorite hot sauce to your pozole once it's cooked.

Our tilapia is responsibly fished, so it's free from dyes, antibiotics and any industrial grain-based diets.

Good To Know

Health snapshot per serving – 425 Calories, 48g Protein, 7g Fat, 8g Fiber, 10 Smart Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Tilapia, Tomatoes, Onion, Corn, Black Beans, Celery, Carrot, Tortilla Chips, White Wine, Apple Cider Vinegar, Lime Juice, Cilantro, Garlic, Spices

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1. Prep the Tilapia

Cut each **Tilapia** fillet in half lengthwise and then cut each half horizontally into 2 to 3 equal pieces (tilapia fillets typically have one side that is longer than the other, so you should get 3 to 4 pieces out of the longer side and 2 to 3 pieces from the shorter side, about 5 to 7 pieces total per fillet). Season with ½ tsp salt.

2. Make the Pozole

Heat 2 Tbsp of oil in a large saucepan or Dutch oven over medium-high heat. Add **Carrots & Celery** and cook until the onions are translucent and the vegetables have softened, about 5 minutes. Add the tilapia and let cook, without stirring, until the outside begins to color, about 4 to 5 minutes.

Add **Tomatoes & Spices** and **Corn & Beans** and 2 cups water. Bring to a boil and then reduce heat and simmer until the tilapia flakes easily with a fork, about 15 minutes. Season with salt and pepper to taste.

3. Put It All Together

Serve pozole topped with crushed **Tortilla Chips**.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by October 29

Kentucky BBQ Tacos with Fresh Cabbage Slaw

The name says it all in this one. We're baking tofu with a delicious barbeque sauce so it gets to be, to use a phrase, finger licking good, then serving it up in a taco topped with a fresh cabbage slaw with a kick. It's the flavors of a down home barbeque, cooked up Meez style. Yum!

35 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Casserole Dish
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Organic Tofu
BBQ Sauce
Carrots & Cabbage
Creamy Vinaigrette
Corn Tortillas

Make The Meal Your Own

Picky eaters tip – Try tossing a portion of the slaw in ranch or Thousand Island dressing.

Make ahead tip – Make the slaw and bake the tofu for 20 minutes in advance. When ready to eat, add 1 Tbsp water to the tofu and mix well. Put in an oven-safe skillet and reheat in toaster or conventional oven for 5 to 7 minutes.

Have leftover slaw? Mix it with quinoa or farro to make a tasty grain salad.

Good To Know

If you're making the vegan version, we've left the mayonnaise out of your creamy vinaigrette. If you'd like a creamy slaw, a dollop of soy yogurt would work well.

Health snapshot per serving – 450 Calories, 16g Protein, 4g Fiber, 15 Smart Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Organic Tofu, Corn Tortillas, Barbecue Sauce, Cabbage, Carrots, Mayonnaise, White Wine Vinegar, Lemon, Brown Sugar, Garlic, Spices

meezmeals

1. Getting Organized

Preheat your oven to 400.

2. Bake the Tofu

Slather the **Organic Tofu** with $\frac{3}{4}$ of the **BBQ Sauce** and arrange in a casserole dish. Bake until the sauce is lightly burnt at the edges, about 25 to 30 minutes, flipping the tofu once halfway through cooking.

If there's any liquid in the tofu bag, drain it before cooking.

3. Toss the Slaw

As soon as the tofu is in the oven, put the **Carrots & Cabbage** into a large mixing bowl and add the **Creamy Vinaigrette**. Toss well, and then put into the refrigerator to chill.

4. Put It All Together

Heat your **Corn Tortillas** until they are soft and pliable. We like to do this directly over the open flame of a gas stove for 15 to 30 seconds per side, but you can also use a dry skillet. Serve the tortillas filled with the tofu and slaw. Enjoy!

You can also heat the tortillas in the oven. Put them on a baking sheet or heat directly on the rack for 2 to 3 minutes.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Portobello Grilled Cheese

15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Non-Stick Skillet

FROM YOUR PANTRY

Vegetable Oil

5 MEEZ CONTAINERS

Sourdough

Cheese

Portobellos

Cranberry Aioli

Balsamic

Vinaigrette

Good to Know

We like the way mushrooms cook in a skillet, roast the mushrooms and then bake the grilled cheese for 5 minutes at 375.

Health Snapshot per serving (serves 1)

360 Calories, 14g Fat, 37g Carbs, 23g Protein

11 Smart Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Whole Wheat Sourdough, Portobello, Mozzarella, Balsamic Vinegar, Gruyere, Mayonnaise, Dried Cranberries, Brown Sugar, Vinegar, Herbs and Spices

meezmeals

1. Cook the Mushrooms

Heat ½ Tbsp of oil in a skillet over medium-high heat. Add the **Portobellos** and cook 5 to 6 minutes until lightly browned. Add the **Balsamic Vinaigrette**, and stir to coat the mushrooms. Set aside.

2. Make the Sandwich

Heat 1 Tbsp of oil in the same skillet over medium-high heat. Put one piece of **Sourdough** in the oil and then top with half of the **Cheese**. Spoon the mushrooms into the center of the cheese and sprinkle with remaining cheese. Top with the second piece of bread and gently press down to close.

Cook 1 to 2 minutes, then flip and cook another 3 to 4 minutes until the bread is golden brown. Turn off the heat, cover the sandwich and let sit for 1 minute.

3. Put It All Together

Remove the top piece of bread and spread the inside of the slice with **Cranberry Aioli** to taste. Enjoy!

Love this recipe? #meezmagic

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Hawaiian Quesadilla

20 *Minutes to the Table*

5 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Vegetable Oil

4 MEEZ CONTAINERS

Tortillas

Cheese

Corn & Pineapple

Spiced Beans

Good to Know

Want a simpler version of this? Skip the corn and pineapple and serve as a salsa on the side instead.

Health Snapshot per serving (serves 1)

640 Calories, 10g Fat, 15g Fiber, 20 Smart Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Flour Tortillas, Black Beans, Quesadilla Cheese, Corn, Pineapple, Water, Herbs and Spices

meezmeals

1. Getting Organized

Preheat your oven to 400.

2. Prep the Tortillas

Oil the baking sheet with 1 to 2 Tbsp oil. Take one **Tortilla** and wipe it through the oil to coat one side. Repeat with the second tortilla, leaving it on the baking sheet oiled-side down.

3. Build the Quesadilla

Spread the **Spiced Black Beans** on the tortilla. Sprinkle the **Corn & Pineapple** on top of the beans and then top with **Cheese**. Top with the second tortilla, oiled-side up, and gently press down.

4. Put It All Together

Bake the quesadilla until the top and edges are golden brown, 8 to 10 minutes. Flip the quesadilla, and cook an additional 3 to 4 minutes. Cut into wedges and serve. Enjoy!

Love this recipe? #meezmagic

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Fingerling Potato Salad with Kale & Cranberries

15 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized Good to Know

EQUIPMENT

Saucepan
Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Fingerling
Potatoes
Kale
Onions &
Cranberries
Feta Dressing

Make this salad stove-free by roasting the potatoes and kale before mixing with the onions, cranberries and dressing. It adds a great crisp texture and depth of flavor that we just love.

Health Snapshot per serving (serves 2)

295 Calories, 57g Carbs, 8g Protein, 9 Smart Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Fingerling Potatoes, Kale, Red Onion, Feta, Mayonnaise, Cranberries, White Wine Vinegar, Brown Sugar, Garlic, Spices

meezmeals

1. **Getting Organized**

Put a large saucepan of water on to boil.

2. **Make the Potato Salad**

Cut the **Fingerling Potatoes** into quarters. Add the potatoes to the boiling water and boil until fork tender, but not falling apart, about 10 to 12 minutes. Add the **Kale** and cook until bright green and tender, about 2 to 3 minutes.

While the potatoes are cooking, heat 1 Tbsp oil in a skillet over medium-high heat. Add the **Onions & Cranberries** and cook, stirring, until the onions are translucent, about 5 to 6 minutes. Remove to a large mixing bowl.

Drain the kale and potatoes well and then add to the mixing bowl with the onions and cranberries. Stir in the **Feta Dressing** and season with salt and pepper to taste.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Health Snapshot

Rotini Di Modena

770 Calories
58g Protein
36 g Fat
54 g Carbs.
7 g Fiber
263 mg Sodium

25 Smart Points

118% Vitamin C
147% Vitamin A
12% Vitamin B-6

Massaman Steak Curry

685 Calories
47 g Protein
23 g Fat
75 g Carbs.
12 g Fiber
946 mg Sod.

20 Smart Points

188% Vitamin C
97% Vit. B12
41% Vitamin B6

Mediterranean Flatbread

805 Calories
20 g Protein
61 g Fat
50 g Carbs.
6 g Fiber
963 mg Sodium

30 Smart Points

285% Vitamin A
11% Vitamin B12
43% Calcium

Salmon with Lemon

420 Calories
25 g Protein
19 g Fat
27 g Carbs.
6 g Fiber
2482 mg Sodium

22 Smart Points

18% Vitamin B6
0% Vitamin B12
54% Vitamin E

Panang Curry with Broccoli

675 Calories
26 g Protein
31 g Fat
76 g Carbs.
14 g Fiber
505 mg Sod.

21 Smart Points

183% Vitamin C
59% Folate
9% Vitamin A

Lighten Up Option

Many of our meals can be prepared without all of the calorie-dense ingredients and still keep their magic.

Rotini

1/2 pasta, 2/3
goat cheese
525 Calories
12 g Fat
15 Smart Points

Steak Curry

No rice
477 Calories
21 g Fat
16 Smart Points

Flatbread

*1/2 cheese, 1/2 date
glaze*
556 Calories
34 g Fat
22 Smart Points

Southwestern Salmon

No Changes

Panang Curry

No peanuts
366 Calories
8 g Fat
13 Smart Points

Health Snapshot

Guacamole Rice	Pozole de Pescado	Kentucky BBQ Tacos	Grilled Cheese	Hawaiian Quesadilla	Fingerling Potato Salad
590 Calories	425 Calories	450 Calories	360 Calories	640 Calories	295 Calories
19 g Protein	48 g Protein	16 g Protein	23 g Protein	25 g Protein	8 g Protein
15 g Fat	7 g Fat	14 g Fat	13 g Fat	10 g Fat	5 g Fat
104 g Carbs.	43 g Carbs.	68 g Carbs.	37 g Carb.	69 g Carbs.	57 g Carbs.
23 g Fiber	8 g Fiber	4g Fiber	6 g Fiber	15 g Fiber	5 g Fiber
21mg Sod	761 mg Sod.	433 mg Sodium	490 mg Sod.	1461 mg Sod.	130 mg Sod.
18 Smart Points	10 Smart Points	15 Smart Points	11 Smart Points	20 Smart Points	9 Smart Points
96% Folate	72% Vitamin A	82% Vitamin A	29% Calcium	20% Calcium	155% Vitamin A
99% Vitamin C	47% Vitamin C	122% Calcium	8% Vitamin B12	1% Folate	115% Vitamin C
10% Calcium	13% Calcium	54% Vitamin C	6% Vitamin A	19% Vitamin C	20% Vitamin B6

Lighten Up Option

Many of our meals can be prepared without all of the calorie-dense ingredients and still keep their magic.

Guac Rice	Pozole	BBQ Tacos	Grilled Cheese	Salad	Fingerling Potato
<i>No Changes</i>	<i>No Changes</i>	<i>No Changes</i>	<i>No Changes</i>	<i>No changes</i>	<i>No changes</i>
507 Calories	425 Calories	450 Calories		781 Calories	
15 g Fat	7 g Fat	14g Fat		66 g Fat	
16 Smart Points	10 Smart Points	15 Smart Points		31 Smart Points	

These are our best estimates for a single serving based on the recipes as written. The actual nutritional information may vary a bit. And, of course, if you have leftovers, the actual numbers will be lower.