

## Quick Tips

### Thai Peanut Kabobs

---

<b>30 Min</b> to Table	<b>20 Min</b> Hands On	<b>2 Whisk</b> Easy
---------------------------	---------------------------	------------------------

---

**Getting Started** Preheat your grill/broiler & soak your kabob sticks.

**Omnivore Option** Pork loin is a great addition to these kabobs.

**From Your Pantry** You'll need some oil, salt and pepper.

### Toasted Gnocchi with Artichokes and Green Beans

---

<b>25 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> Super Easy
---------------------------	---------------------------	------------------------------

---

**Getting Started** Preheat your oven to 375.

**From Your Pantry** You'll need olive oil, Salt & Pepper

### Balsamic Glazed Chicken Caprese Pasta

---

<b>20 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Easy
---------------------------	---------------------------	------------------------

---

**Getting Started** Put a saucepan of water on to boil.

**Meal Tip** This dish is delicious served cold.

### Chimichurri Steak with Fingerling Potatoes

---

<b>30 Min</b> to Table	<b>25 Min</b> Hands On	<b>1 Whisk</b> Super Easy
---------------------------	---------------------------	------------------------------

---

**Getting Started** No pre-work needed.

**Leftover tip** Layer everything to make a casserole.

### Blackened Baja Salmon and Avocado Tacos

---

<b>30 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Easy
---------------------------	---------------------------	------------------------

---

**When you get your meals** Check your avocado. If it is hard, store it on the counter to ripen.

**Picky Eater Tip** Serve their fish without Cajun seasoning.

**From Your Pantry** You'll need flour, olive oil, Salt & Pepper



773.916.MEEZ • [www.meezmeals.com](http://www.meezmeals.com)

*Cheesy Tomatillo Casserole*

<b>35 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> Super Easy
---------------------------	---------------------------	------------------------------

**Getting Started** Preheat your oven to 450.

**Omnivore Option** Chorizo tastes great with this recipe.

*Yellow Curry with Mint Yogurt*

<b>30 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> Super Easy
---------------------------	--------------------------	------------------------------

**Getting Started** Preheat your oven to 400 and put water on to boil.

**Omnivore Option** Grilled, sliced top sirloin is great with this dish.

*Broccoli Cheddar Chicken Bake*

<b>35 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> Super Easy
---------------------------	---------------------------	------------------------------

**Getting Started** Preheat the oven to 400 & boil a pot of water.

**Make Ahead Tip** Cook the brown rice in advance.

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

*Pesto Quesadilla*

<b>25 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> Super Easy
---------------------------	---------------------------	------------------------------

**Getting Started** Preheat your oven to 400.

**From your Pantry** You'll need some vegetable oil.

*Aztec Salad with Creamy Chipotle Dressing*

<b>5 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> Super Easy
--------------------------	--------------------------	------------------------------

**When Meals arrive** Check your avocado for ripeness. If ready, keep it in the fridge. If it is hard, keep it on the counter to ripen.

**Getting Started** This is toss and serve!

*Dijon Roasted Broccoli Florets*

<b>30 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> Super Easy
---------------------------	--------------------------	------------------------------

**Getting Started** Preheat your oven to 400.

**Omnivore Option** Bacon would make a great addition.

# Thai Peanut Kabobs

Nothing says summer grilling like kabobs. They're fun to put together and they cook up in a heartbeat. But kabobs are, well, just kabobs, right? No! When you top them with Thai peanut sauce and serve them with spicy cucumber salad, they're suddenly a unique combination of Thai Satay and All-American kabobs that we can't resist. (Don't want to grill? This dinner is just as tasty in the oven.)

**30** *Minutes to the Table*

**20** *Minutes Hands On*

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

- Grill or Rimmed Baking Sheet
- 3 Bowls

### FROM YOUR PANTRY

- Oil
- Salt & Pepper

### 6 MEEZ CONTAINERS

- Kabob Sticks
- Cucumber
- Spicy Vinegar
- Baked Tofu
- Squash
- Peanut Sauce

## Make The Meal Your Own

**Kids Tip** – Kids are great kabob makers. Let them arrange the food however they'd like. All tofu on one stick and all zucchini on another? No problem! It'll all taste great in the end.

**Omnivore's Option** – Pork loin is a great addition to these kabobs. Cube it and create a separate kabob or two with just the pork, since the cook time may vary from the tofu. Grill it until the internal temperature reaches 155 degrees, about 12 to 15 minutes, turning halfway through and basting with the peanut sauce during the last few minutes.

## Good To Know

**Don't think you can grill inside?** Think again. Your broiler is a grill; it just has the heat above, rather than below the food.

**Health snapshot per serving** – 590 Calories, 74g Protein, 4 g Fiber, 13 Smart Points

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

INGREDIENTS: Squash, Baked Tofu, Cucumber, Peanut Butter, Rice Wine Vinegar, Tamari, Brown Sugar, Ginger, Garlic, Spices

meezmeals

### 1. **Get Organized**

Heat your grill and soak your **Kabob Sticks** in a bowl of water. (Or preheat your broiler if you're cooking indoors.)

### 2. **Make the Cucumber Salad**

Drain any liquid from the **Cucumber** package. Combine the cucumber and **Spicy Vinegar** together in a bowl and put into the refrigerator to chill. (You can do this up to an hour ahead.)

### 3. **Make the Kabobs**

Put the **Baked Tofu** and **Squash** into a mixing bowl with 2 Tbsp oil. Assemble the ingredients on the skewers (order doesn't matter) and season generously with salt and pepper. Put the kabobs on the grill or under the broiler and cook until the squash is well browned on the edges and starting to crisp, about 7 to 10 minutes.

Flip the kabobs. While the kabobs are cooking, add 2 Tbsp hot water to the **Peanut Sauce** and stir. Once the second side of the kabobs starts to brown, after about 3 to 5 minutes, brush them with the peanut sauce and continue cooking until well browned and crispy, another 3 to 5 minutes.

### 4. **Put It All Together**

Serve the kabobs topped with the remaining peanut sauce and the chilled cucumber salad on the side. Enjoy!

*Feel free to use your favorite oil: canola, vegetable, safflower and sunflower are Chef Max's top choices.*

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Balsamic Glazed Chicken Caprese Pasta

This deliciously quick-to-the-table dish is sure to be a new family favorite. With organic chicken breast, fresh mozzarella, sweet grape tomatoes and a balsamic glaze, it's the perfect partner for whole-grain penne pasta. NOM NOM!

**20** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Saucepan  
Deep Skillet or Large  
Saucepan with Lid

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Chicken Breast  
Whole Grain Penne  
Fresh Mozzarella  
Pesto  
Grape Tomatoes  
Balsamic Glaze

## Make The Meal Your Own

**We think this pasta is just as good cold** as it is warm, so we like it as a make-ahead lunch or dinner.

**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

**Be sure to generously season your chicken** with salt and pepper before cooking. Chef Max recommends using  $\frac{1}{4}$  tsp of each.

**If you're making the gluten-free version,** we've given you gluten-free penne.

**Health snapshot per serving** – 640 Calories, 27g Fat, 45g Carbs, 52g Protein, 17 Smart Points

**Lightened up snapshot** – 465 Calories, 25g Fat, 13 Smart Points to make a low-carb option with no pasta and  $\frac{1}{2}$  the mozzarella.

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

INGREDIENTS: Cage-Free Chicken Breast, Grape Tomatoes, Whole Grain Penne Pasta, Fresh Mozzarella Cheese, Balsamic Vinegar, Brown Sugar, Olive Oil, Basil, Almonds, Parmesan, Lemon Juice, Garlic, Spices

### 1. Getting Organized

Put a saucepan of water on to boil.

### 2. Cook the Pasta

Add the **Whole Grain Penne** to the boiling water. Cook until al dente, about 7 to 9 minutes, and then drain and return to the now-empty saucepan.

Add the **Fresh Mozzarella** and **Pesto**. Mix well, then set aside.

### 3. Prep and Cook the Chicken and Tomatoes

Place the **Chicken Breast** on a cutting board. Using a sharp knife, slice the chicken into even strips. (We aim for approximately ¼" - ½" slices). Once the chicken is sliced, 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).

While the pasta is cooking, heat 1 ½ Tbsp olive oil in a deep skillet (or large saucepan) over medium-high heat. When the oil is hot, add the chicken breast and **Grape Tomatoes** and cover. Cook until the chicken is browned on one side, about 6 minutes, and then flip. Continue cooking, uncovered, until the chicken is fully cooked, about 4 more minutes.

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

Add the **Balsamic Glaze** and cook, stirring continuously, until chicken and tomatoes are coated, about 2 minutes. Season with salt and pepper to taste.

### 4. Put It All Together

Serve the pesto pasta topped with the chicken and tomatoes. Drizzle any extra glaze from the pan over the top to taste. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Chimichurri Steak with Fingerling Potatoes

An irresistible update on an Argentinian classic. With a zesty chimichurri puree, mouthwatering steak and tender fingerling potatoes, it's a sinfully delicious meal without all the calories. Seconds, anyone?

**30** Minutes to the Table

**25** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet

### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

### 4 MEEZ CONTAINERS

Fingerling Potatoes

Onions & Garlic

Steak

Chimichurri

## Make The Meal Your Own

**The leftovers from this meal** make a great casserole. Layer everything in a casserole dish, top with your favorite cheese (Chef Max recommends Chihuahua) and bake for 10 minutes in a 375-degree oven.

**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** – 595 Calories, 19g Fat, 50g Protein, 59g Carbs, 15 Smart Points

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

INGREDIENTS: Steak, Fingerling Potatoes, Onion, Grape Tomatoes, Corn, Red Wine Vinegar, Lime Juice, Olive Oil, Parsley, Garlic, Cilantro, Spices

meezmeals

### 1. Slice the Potatoes

Slice the **Fingerling Potatoes** into small, even rounds (about 8 to 10 rounds per potato).

### 2. Cook the Potatoes and Onions

Heat 2 Tbsp of oil in a large skillet over high heat. Add the sliced potatoes and cook, stirring occasionally, until starting to brown, about 7 to 9 minutes. Add the **Onions & Garlic** to the skillet and continue cooking until the onions are translucent and the potatoes are fork tender, about 5 more minutes. Remove to a bowl and set aside.

### 3. Cook the Beef

Return the now-empty skillet to the stove with 1 Tbsp oil over high heat. While the skillet is heating, pat the **Steak** 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 steak. Cook it until the bottom browns 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.

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).

### 4. Put It All Together

Serve the steak and potatoes topped with the **Chimichurri** to taste. Enjoy!

*To test if the skillet is hot enough for the steak, 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.*

*Love this recipe?*

*#meezmagic*

Instructions for two servings.

**Meetz Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \***



# Toasted Gnocchi with Artichokes and Green Beans

Have you fallen in love with toasted gnocchi yet? It's crispy-on-the-outside, tender on the inside and totally delicious. Pair it with artichokes, tender green beans, and strawberry and white wine vinaigrette, and you've got a taste of heaven.

**25** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Rimmed Baking Sheet  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Whole Wheat  
Gnocchi  
Green Beans  
Artichoke Hearts  
Strawberry Vinaigrette  
Feta

## Make The Meal Your Own

**Cooking with a picky eater?** Cook the vegetables separately and let each diner pick what they want.

## Good To Know

**If you're making the gluten-free version,** we've given you gluten-free gnocchi.

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

**Health snapshot per serving** – 750 Calories, 20g Protein, 17g Fiber, 23 Smart Points

**Lightened up snapshot** – 516 Calories, 17 g Fat and 17 Smart Points with no feta and half the vinaigrette.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.MEEZ.

INGREDIENTS: Whole Wheat Gnocchi, Green Beans, Artichoke Hearts, Feta, Strawberry Preserves, Olive Oil, White Wine Vinegar, Lime Juice, Garlic, Herbs and Spices

meezmeals

### 1. **Get Organized**

Preheat your oven to 375.

### 2. **Toast the Gnocchi**

Put the **Whole Wheat Gnocchi** on a rimmed baking sheet. Drizzle with olive oil, season with salt and pepper and bake until golden brown on the outside and tender on the inside, about 15 to 20 minutes.

*We line our baking sheets with parchment or foil to make cleanup a snap.*

### 3. **Cook the Green Beans and Artichoke Hearts**

While the gnocchi is toasting, heat 2 Tbsp olive oil in a large skillet over medium-high heat. Add the **Artichoke Hearts** and cook, stirring, until hot and starting to brown, about 5 minutes.

Add the **Green Beans** to the skillet and cook until bright green and heated through, about 3 to 5 minutes.

### 4. **Put It All Together**

Remove the skillet from heat. Stir the **Strawberry Vinaigrette** into the veggies and let sit for one minute. Season to taste. Toss the gnocchi with the veggies and serve topped with **Feta**.

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Blackened Baja Salmon & Avocado Tacos

Omega-3 rich salmon is coated with our Baja seasoning and then paired with creamy avocado and tangy pineapple. Fast, fantastic and full of flavor, don't forget the lemonade and cerveza to complete the meal.

**30** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Mixing Bowl  
Shallow Pie Pan or Plate  
Medium Skillet  
Small Skillet (optional)

### FROM YOUR PANTRY

1\* Tbsp Flour  
Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Cabbage & Carrots  
Coleslaw Dressing  
Cajun Seasoning  
Salmon  
Avocado  
Tortillas

## Make The Meal Your Own

**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 off the heat before you cut into it and check for doneness.

**Eating with someone who doesn't love spice?** Serve their fish without the Cajun seasoning.

**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** – 425 Calories, 24g Fat, 30g Protein, 47g Carbs, 12 Smart Points

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

INGREDIENTS: Salmon, Corn Tortillas, Carrots, Avocado, Green Cabbage, Red Cabbage, Mayonnaise, Brown Sugar, Cajun Seasoning, White Wine Vinegar, Pineapple, Lemon Juice, Herbs and Spices

*meez* meals

### 1. Make the Coleslaw

In a mixing bowl, toss the **Cabbage & Carrots** with the **Coleslaw Dressing**. Season with salt and pepper to taste. Place in the refrigerator to chill until ready to eat.

### 2. Season and Cook the Salmon

Combine **Cajun Seasoning** with 1 Tbsp of flour on a plate or in a shallow pie pan. Coat the **Salmon** on all sides with the seasoning and then let sit in the flour for 2 minutes. Give the salmon a second coat in the seasoning.

Heat 2 Tbsp of oil in a medium skillet over high heat. When the oil is hot, add the salmon and cook 4 minutes. Flip, and cook 3 more minutes on the other side. Turn off the heat and let sit for 5 minutes.

### 3. Slice the Avocado

While the salmon is resting, slice the **Avocado** into even pieces (we usually get about 5 slices per half).

### 4. Heat the Tortillas and Serve

Heat your **Tortillas** in a small dry skillet on the stove or directly over a gas burner until soft, about 30 seconds per side.

Use a fork to flake the salmon into pieces. Serve in the warm tortillas topped with the coleslaw and avocado. Enjoy!

*The fish absorbs the seasoning as it sits, which adds tons of flavor.*

*The seasoning gets very dark as it cooks, so don't worry if it starts to blacken, it's supposed to be that way.*

*Use tongs or a slotted spoon to serve the coleslaw, leaving extra dressing behind. That way, your tacos won't get soggy.*

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Cheesy Tomatillo Casserole

Simply said, this Mexican casserole is a cheesy bit of heaven. We're toasting up tortillas to form a crunchy base, then topping them with poblanos, beans, pepper jack cheese and a fresh tomatillo salsa. Easy and delicious - that's our kind of dinner!

**35** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Baking Sheet  
Large Skillet  
Loaf Pan

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Corn Tortillas  
Poblano Peppers  
Corn & Beans  
Creamy Tomatillo Salsa  
Pepper Jack Cheese

## Make The Meal Your Own

**Omnivore's Option** – Chorizo is right at home in this dish. Cook it up separately and add it with the corn mix.

**Make ahead tip** – Cook the casserole up through the first half of step 4. After you add the pepper jack, refrigerate the casserole. When you're ready to eat, bake for a final 20 minutes.

**This dish has a kick** from the poblanos and pepper jack cheese. If you'd like a mellower version, you can serve the corn and beans on the tortillas as tacos or tostadas.

## Good To Know

**Chef Max recommends building your casserole** in a loaf pan. If you don't have one, use a 9x9 casserole dish.

**Health snapshot per serving** – 365 Calories, 14g Protein, 13g Fiber, 11 Smart Points

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

INGREDIENTS: Poblano Peppers, Tomatillos, Corn Tortillas, Black Beans, Corn, Pepper Jack Cheese, Cream Cheese, Sundried Tomatoes, Lime, Garlic, Cilantro, Spices

meezmeals

### 1. Getting Organized

Preheat your oven to 450.

### 2. Bake the Corn Tortillas

Lay the **Corn Tortillas** on a baking sheet and brush with olive oil on each side. Bake until crisp, about 5 to 10 minutes.

### 3. Cook the Vegetables

Heat 1 Tbsp olive oil in a large skillet over high heat. Add the **Poblano Peppers** and sauté until browned, about 5 to 7 minutes.

Turn the heat down to medium-high and add the **Corn & Beans**. Cook until hot, about 2 minutes. Season with salt and pepper and set aside.

### 4. Assemble the Casserole

Turn your oven down to 375 and lay 2 of the corn tortillas on the bottom of your pan, breaking them into pieces to make them fit. Top with half of the cooked vegetables and half of the **Creamy Tomatillo Salsa**.

Add 1 more tortilla (break it up a bit so it resembles large chips) and the rest of the vegetables and salsa. Break the remaining tortilla into dime-size pieces, sprinkle on top and finish with the **Pepper Jack Cheese**. Bake until the cheese begins to bubble, about 15 minutes. If you'd like a crispier topping, cook under the broiler for an additional 5 minutes until the top is golden brown. Enjoy!

*Not sure which dish or pan to use? See our note on the other side about choosing the perfect size pan.*

*Love this recipe? #meezmagic*

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

# Yellow Curry with Mint Yogurt

A new hands-free favorite! We're making an oven-roasted yellow curry with broccoli, cauliflower and tofu in a delicious curry sauce, all served over jasmine rice. Topped with mint yogurt, it's a dinner we just can't get enough of.

**35** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Saucepan  
Rimmed Baking Sheet  
Medium Skillet

### FROM YOUR PANTRY

Olive or Vegetable Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Jasmine Rice  
Broccoli & Cauliflower  
Tofu  
Yellow Curry Sauce  
Mint Yogurt

## Make The Meal Your Own

**Omnivore's Option** – Grilled, sliced top sirloin is a great addition. Plate it on top of the rice before you add the curry sauce.

**Cooking with a picky eater?** Serve all the ingredients separately and let them pick what they like!

**Leftover Tip** – Turn this into a salad the next day by mixing in some fresh veggies and serving it cold.

## Good To Know

**If you're making the vegan version**, we're sending you mint without the yogurt. Finish your curry by sprinkling it on top before serving.

**Health snapshot per serving** – 340 Calories, 19g Protein, 5g Fiber, 10 Smart Point.

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

INGREDIENTS: Broccoli, Cauliflower, Coconut Milk, Jasmine Rice, Tofu, Greek Yogurt, Rice Wine Vinegar, Brown Sugar, Yellow Curry Paste, Tamari, Lime Juice, Ginger, Cilantro, Basil, Garlic, Spices

meezmeals

### 1. Getting Organized

Preheat your oven to 400. Pour 2 cups of water in a saucepan and put it on to boil.

### 2. Cook the Rice

When the water is boiling, add the **Jasmine Rice** and a pinch of salt. Reduce the heat to a simmer and cover. Cook until all the water has been absorbed, about 20 to 25 minutes. Remove from heat and fluff with a fork, cover again and set aside.

### 3. Roast the Veggies

While the rice is cooking, toss the **Broccoli & Cauliflower** in 2 Tbsp oil and spread evenly on a rimmed baking sheet. Roast until tender and starting to brown, about 15 to 17 minutes.

Add the **Tofu** to the veggies, stir and cook until the tofu is lightly puffed, about 5 to 7 minutes.

*Stir gently when you add the tofu, so it doesn't break.*

### 4. Put It All Together

Heat a skillet over medium heat and add the **Yellow Curry Sauce**. Bring the sauce to a boil and then reduce to a simmer and cook for 5 to 7 minutes.

Top the rice with veggies and tofu and then spoon curry sauce over the top. Serve with **Mint Yogurt** to taste. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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



# Broccoli Cheddar Chicken Bake

We're taking the creamy flavors of broccoli and cheddar to a new level. Paired with cage-free chicken breast and heart healthy brown rice, this dish is sure to tantalize the taste buds. Not to mention it's practically hands-free.

**35** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

- Saucepan
- Rimmed Baking Sheet

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 6 MEEZ CONTAINERS

- Brown Rice
- Chicken Breast
- Red Onion
- Broccoli
- Cream Sauce
- Cheddar Cheese

## Make The Meal Your Own

**Want to get a jump on dinner?** Cook the brown rice in advance. When you're ready to eat, start with step 3 and you'll have dinner on the table in 20 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 or through intramuscular injection...ever.

## Good To Know

**Health snapshot per serving** – 880 Calories, 40g Fat, 55g Protein, 74g Carbs, 28 Smart Points

**Lightened up snapshot** – 575 Calories, 32g Fat, 17 Smart Points with  $\frac{1}{4}$  of the sauce and no rice.

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

INGREDIENTS: Broccoli, Cage-Free Chicken, Brown Rice, Heavy Cream, Red Onion, Cheddar Cheese, White Wine, Concentrated Vegetable Stock, Garlic, Herbs

meez *meals*

### 1. Getting Organized

Preheat your oven to 400 degrees and put a saucepan of water on to boil.

### 2. Prep the Chicken

Place the **Chicken Breast** horizontally on a cutting board. Using a sharp knife, cut the chicken breast into even strips. (We aim for approximately ¼" - ½" slices.)

### 3. Cook the Rice

Add the **Brown Rice** to the boiling water and simmer uncovered over medium heat for about 30 minutes. Drain, and then return to the pot. Cover and let sit 5 minutes.

*We cook our brown rice like pasta. Make sure the water is boiling and you're good to go.*

### 4. Cook the Chicken

While the rice is cooking, toss the sliced chicken and **Red Onion** with 1 Tbsp of oil and season with salt and pepper (we recommend ¼ tsp of each). Spread on a rimmed baking sheet and cook until no pink is showing on the outside of the chicken, about 5 to 8 minutes.

Add the **Broccoli** to the pan and cook until bright green, but still crisp, about 5 minutes. Add the **Cream Sauce** and stir to coat the chicken and broccoli. Cook just until it bubbles, about 2 minutes, and then add the **Cheddar Cheese** and mix to incorporate. Cook until the cheese has melted into the sauce and everything is hot, about 3 to 5 minutes. Season with salt and pepper to taste.

### 5. Put It All Together

Serve the brown rice topped with the cheddar chicken and enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Pesto Quesadilla

**25** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Baking Sheet

### FROM YOUR PANTRY

Vegetable Oil

### 4 MEEZ CONTAINERS

Mushrooms

Tortillas

Basil Pesto

Mozzarella

## Good to Know

**We make our quesadillas in the oven** because we love hands-free cooking. If you prefer to cook on the stovetop, that will work great too.

### **Health Snapshot per serving (serves 1)**

635 Calories, 36g Fat, 54g Carbs, 22g Protein

20 Smart Points

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

INGREDIENTS: Flour Tortillas, Button Mushrooms, Mozzarella, Basil, Olive Oil, Parmesan, Lemon Juice, Garlic

meezmeals

### 1. Get Organized

Preheat your oven to 400.

### 2. Cook the Mushrooms

Toss the **Mushrooms** with 1 Tbsp of oil and spread on a baking sheet. Cook for 7 to 10 minutes until lightly browned. Remove to a bowl or plate and drain any excess liquid from the pan.

### 3. Build the Quesadilla

When the mushrooms are done, 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.

Spread the **Basil Pesto** on the tortilla and then top with half of the **Mozzarella** and all of the mushrooms. Sprinkle the remaining mozzarella on top. Top with the second tortilla, oiled-side up, and gently press down.

### 4. Put It All Together

Bake the quesadilla 6 to 8 minutes, until the top and edges are golden brown. Flip the quesadilla, and cook an additional 3 to 4 minutes. Cut into wedges and serve. Enjoy!

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

# Aztec Salad with Creamy Chipotle Dressing

5 Minutes to the Table

5 Minutes Hands On

## Getting Organized

### EQUIPMENT

Mixing Bowl

### FROM YOUR PANTRY

Salt & Pepper

### 5 MEEZ CONTAINERS

Avocado

Spinach

Tortilla Chips

Corn & Beans

Creamy Chipotle

Dressing

## Put It All Together

Dice the **Avocado** and break the **Tortilla Chips** into pieces. Combine the **Spinach, Corn & Beans**, the broken chips and half the diced avocado in a mixing bowl with half of the **Creamy Chipotle Dressing**. Season with salt and pepper and add more dressing to taste.

## Good to Know

### Health Snapshot per serving (serves 1)

**390** Calories, 14g Protein, 8g Fiber, 15g Fat, 12 Smart Points

### Have Questions?

We're standing by at 773.916.6339

INGREDIENTS: Avocado, Spinach, Black Beans, Corn, Queso Fresco, Buttermilk, Mayonnaise, Tortilla Chips, Red Onion, Chipotle Peppers, Garlic, Herbs and Spices

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

# Dijon Roasted Broccoli

**30** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Baking Sheet

### FROM YOUR

### PANTRY

Salt & Pepper

Olive Oil

3 MEEZ

### CONTAINERS

Broccoli

Almonds

Dijon Vinaigrette

## Make This Meal Your Own

**Omnivore's Option** – Bacon and broccoli are a perfect match. Crisp some in the oven or on the stove, chop into bits and add it in when you add the almonds.

## Good to Know

**Health Snapshot per serving** 365 Calories, 14g Carbs, 4g Protein, 13 Smart Points

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

INGREDIENTS: Broccoli, Almonds, Olive Oil, Red Wine Vinegar, Whole Grain Mustard, Honey, Herbs and Spices

meezmeals

### 1. **Getting Started**

Preheat your oven to 400.

### 2. **Roast the Broccoli**

Toss the **Broccoli** with 1 1/2 Tbsp of olive oil and season with salt and pepper. Spread the broccoli in a single layer on a baking sheet and roast until it is beginning to brown on the sides, about 15 minutes, stirring once halfway through.

Remove the pan from the oven and sprinkle the **Almonds** over top. Return the broccoli and almonds to the oven and bake until the almonds are fragrant, about 5 additional minutes.

Pour the **Dijon Vinaigrette** on to your broccoli and mix well. Bake for 5 more minutes.

### 3. **Put It All Together**

Season the broccoli with salt and pepper to taste. Enjoy!

*Love this recipe? #meezmagic*

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

## Health Snapshot

### Thai Peanut Kabobs

590 Calories  
74 g Protein  
20 g Fat  
28 g Carbs.  
4 g Fiber  
2,072 mg Sodium

13 Smart Points

6% Calcium  
47% Vitamin C  
15% Iron

### Balsamic Chicken Pasta

640 Calories  
52 g Protein  
27 g Fat  
45 g Carbs.  
5 g Fiber  
215 mg Sodium

17 Smart Points

98% Vitamin C  
32% Vitamin A  
2% Vitamin B-6

### Chimichurri Steak

590 Calories  
50 g Protein  
19g Fat  
59 g Carbs.  
6 g Fiber  
102 mg Sodium

15 Smart Points

124% Vitamin C  
67% Vit. B-12  
58% Vit. B-6

### Toasted Gnocchi with Artichokes

750 Calories  
20 g Protein  
21 g Fat  
120 g Carbs.  
17 g Fiber  
1483 mg Sod.

23 Smart Points

43% Vitamin C  
18% Calcium  
23% Vitamin A

### Blackened Salmon Taco

423 Calories  
24 g Protein  
17 g Fat  
47 g Carbs.  
7g Fiber  
1162 mg Sod.

12 Smart Points

17% Vitamin A  
11% Vit. B-6  
0% Vit. B-12

### Lighten Up Option

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

#### Thai Kabobs

No Changes

#### Chicken Pasta

No pasta, ½ the cheese  
465 Calories  
25 g Fat  
13 Smart Points

#### Steak

No changes

#### Toasted Gnocchi

1/2 the vinaigrette and no feta  
516 Calories  
17 g Fat  
17 Smart Points

#### Tacos

No Changes



## Health Snapshot

### Cheesy Casserole

365 Calories  
14 g Protein  
10 g Fat  
60 g Carbs.  
13 g Fiber  
237 mg Sod.

11 Smart Points

25% Vitamin C  
20% Iron  
14% Zinc

### Yellow Curry with Mint Yogurt

340 Calories  
19 g Protein  
6 g Fat  
51 g Carbs.  
5 g Fiber  
536 mg Sod.

10 Smart Points

73% Vitamin C  
91% Calcium  
12% Vitamin A

### Broccoli Cheddar Bake

880 Calories  
55 g Protein  
40 g Fat  
74 g Carbs.  
8 g Fiber  
390 mg Sod.

28 Smart Points

10% Vitamin C  
7% Vitamin B-6  
21% Vitamin A

### Pesto Quesadilla

635 Calories  
22 g Protein  
36 g Fat  
54 g Carbs.  
4 g Fiber  
1277 mg Sod.

20 Smart Points

42% Calcium  
5% Zinc  
31% Vitamin A

### Aztec Salad with Chipotle

390 Calories  
14 g Protein  
15 g Fat  
31 g Carbs.  
8 g Fiber  
676 mg Sod.

12 Smart Points

160% Vitamin A  
15% Vitamin B6  
2% Vit B-12

### Dijon Roasted Broccoli

365 Calories  
4 g Protein  
32 g Fat  
14 g Carbs.  
6 g Fiber  
46 mg Sod.

13 Smart Points

17% Vitamin E  
100% Vitamin C

### Lighten Up Option

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

#### Casserole

No Changes

#### Yellow Curry

No Changes

#### Chicken Bake

$\frac{3}{4}$  sauce, no rice

#### Quesadilla

No Changes

#### Salad

No changes

#### Dijon Broccoli

No changes

575 Calories  
32 g Fat  
17 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.