

## Quick Tips

### *Spinach Pancakes with Basil Corn Relish*

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<b>40 Min</b> to Table	<b>40 Min</b> Hands On	<b>2 Whisks</b> Easy
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**Getting Started** Preheat your oven to 375 and heat your griddle or skillet.

**From Your Pantry** You'll need milk, eggs and butter.

**Getting Started** Preheat your oven to 375 and heat your griddle or skillet.

### *Crispy Polenta with Feta & Mushrooms*

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<b>30 Min</b> to Table	<b>30 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 425.

**Omnivore Option** Chicken thighs are delicious with this dish.

### *Yucatan Rice Bowl*

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<b>40 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Put a saucepan of water on to boil.

**Omnivore Option** Ground pork is a delicious addition.

### *Barbequed Sweet Potato Couscous Gratin*

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<b>25 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 400.

**Leftovers Tip** Coleslaw makes a great base for a salad.

### *Steak and Fingerling Potato Salad with Kale and Cranberries*

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<b>25 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Put a saucepan of water onto boil.

**Make Ahead Tip** Prepare the potato salad ahead to save time before dinner.

### *Tahitian Chicken Paella*

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<b>40 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 375.

**Leftovers Tip** Save some of the Coconut Soy Ginger Sauce to moisten the Paella when reheating.

### *Spinach Pesto Pizza*

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<b>30 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 425 & take the dough out of the fridge.

**Picky Eater Tip** Use mozzarella instead of gouda.

### *Country Stack*

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<b>30 Min</b> to Table	<b>15 Min</b> Hands On	<b>2 Whisks</b> Super Easy
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**Getting Started** Set your oven to 400.

**Omnivore Option** Irish or center cut bacon is a good fit.

**From Your Pantry** You'll need an egg per serving.

### *Dijon Roasted Brussels*

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<b>30 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 400.

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

# Spinach Pancakes with Basil Corn Relish

We're mixing up savory pancakes with spinach and fontina, and then topping them with a citrus cream cheese spread that's pure magic. We top it all with a simple basil & corn relish, and the result is sophisticated comfort food at its best.

**40** Minutes to the Table

**40** Minutes Hands On

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Mixing Bowl  
Baking Sheet  
Griddle or Skillet

### FROM YOUR PANTRY

Salt & Pepper  
Milk  
2 Eggs & Butter

### 5 MEEZ CONTAINERS

Basil Corn Relish  
Citrus Cream Cheese  
Fontina & Flour  
Onion & Garlic  
Spinach

## Make The Meal Your Own

**The size of the pancakes is up to you.** Jen thinks smaller ones are easier to turn, so she makes four small pancakes at a time. Chef Max likes the look of bigger pancakes for dinner so he makes one big one at a time. They are great as waffles too!

**Kid's Tip** – If your kids are old enough, put them in charge of making the pancakes. The pancakes may not all be the same size, but your kids will get a kick out of eating their creation.

## Good To Know

**Health snapshot per serving** – 690 Calories, 29g Protein, 42g Fat, 25 Smart Points

**Lightened up snapshot** – 520 Calories, 25g Protein, 30g Fat and 16 Smart Points when you use half of the citrus cream cheese and corn salsa.

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

INGREDIENTS: Corn, Spinach, Flour, Onion, Fontina Cheese, Cream Cheese, Apple Cider Vinegar, Orange Juice, Olive Oil, Basil, Garlic, Baking Powder

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## 1. Getting Organized

Preheat your oven to 375 and heat your griddle or skillet.

## 2. Mix the Pancake Batter

Melt 2 Tbsp butter in the microwave or on the stove, then pour into a large mixing bowl. Drain all the water from the **Spinach** and add the spinach to the butter in the large bowl. Separate the whites from the yolks of 2 eggs, putting the yolks with the spinach and butter and the whites in a separate bowl. (Need help with this? Give us a call!)

Add the **Fontina & Flour, Onion & Garlic**, 1 tsp salt and  $\frac{3}{4}$  cup milk to the spinach mix and mix well. This should make a thick batter. If it's too stiff, add a little more milk. Beat the egg whites into soft peaks using an electric mixer or whisk, then gently fold into the batter.

## 3. Cook the Pancakes

Melt 1 to 2 Tbsp butter on your griddle or skillet over medium high heat. Ladle the batter on to the griddle and cook the pancakes until golden, 2 to 3 minutes per side. Transfer the cooked pancakes to a baking sheet and bake until the pancakes bounce back when you touch the middle, about 7 to 10 minutes.

## 4. Put It All Together

Serve topped with the **Citrus Cream Cheese** and **Basil Corn Relish**. Enjoy!

*Chef Max's pancake secret is to beat the egg whites separately. It lightens up the batter and makes the pancakes extra delicious.*

*Don't have an electric mixer? Beat the whites by hand with a whisk or, if your arm gets tired, mix the eggs in without beating. The texture will be a little different but they'll still be delicious.*

*Love this recipe?  
#meezmagic*

Instructions for two servings.

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

# Yucatan Rice Bowl

A sunny cilantro and orange crema. Spanish rice. Mexican-spiced broccoli. It's our newest bowl, inspired by the flavors of the Yucatan Peninsula and served up with warm tortillas. Get ready to fall in love.

**40** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Saucepan

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Brown Rice  
Spiced Beans &  
Tomatoes  
Broccoli  
Mexican Spices  
Corn Tortillas  
Orange Cilantro  
Crema

## Make The Meal Your Own

**Omnivore's Option** – Ground pork would be an authentic addition. Sauté it in your skillet, then add the spiced beans and tomatoes.

**Cooking with a picky eater?** Cook their broccoli without the spices.

## Good To Know

**If you're making the vegan version**, we're giving you the orange juice and cilantro without the crema. Mix it with olive oil to create a vinaigrette or add to vegan yogurt.

**Health snapshot per serving** – 625 Calories, 22g Protein, 19g Fiber, 18 Smart Points

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

INGREDIENTS: Broccoli, Brown Rice, Corn Tortillas, Tomatoes, Black Beans, Mayonnaise, Orange Juice, Cider Vinegar, Spices, Jalapeno, Cilantro, Garlic, Onion, Concentrated Vegetable Stock

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### 1. Getting Organized

Put a saucepan of water on to boil.

### 2. Cook the Rice

Add the **Brown Rice** to the boiling water with a pinch of salt. Cook until al dente, about 20 to 30 minutes. Drain, and then transfer to a mixing bowl.

In the now-empty saucepan, add the **Spiced Beans & Tomatoes** and ¼ cup of water and cook over medium-high heat until thick, about 5 to 7 minutes. Add the cooked rice, cook for 3 minutes, then cover and set aside.

### 3. Sauté the Broccoli

When the rice has been cooking for 15 minutes, start the broccoli. Heat 3 Tbsp of olive oil in a large skillet over high heat. When the oil is hot, add the **Broccoli** and stir to coat in the oil. Sprinkle the **Mexican Spices** over the broccoli as you stir. Cook until the broccoli is crispy with slightly burnt edges, about 7 to 8 minutes.

### 4. Put It All Together

Heat the **Corn Tortillas** in a dry skillet or directly over a gas burner until warm and pliable, about 30 to 60 seconds per side.

Serve the rice topped with the broccoli and the tortillas on the side. Add **Orange Cilantro Crema** to taste.

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Instructions for two servings.

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

# All-American BBQ Chicken Burrito

There is nothing like the classic flavors of BBQ to make our mouths water. Our sweet and tangy sauce is drizzled over tender cage-free chicken strips and then baked. Add crunchy coleslaw and then wrap in a soft tortilla and you've got a dinnertime hit.

**30** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Mixing Bowl  
Rimmed Baking Sheet  
Knife and Cutting Board  
Tongs or Slotted spoon  
(Optional)

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Cabbage & Carrots  
Coleslaw Dressing  
Chicken Breast  
Barbecue Sauce  
Flour Tortillas

## Make The Meal Your Own

**Leftovers Tip** – Keep any leftover coleslaw and chicken “deconstructed” so you can turn them into different meals. Coleslaw makes a great base for a salad – just mix it with your favorite greens and veggies. And leftover chicken is wonderful on pizza, over rice or in a sandwich.

**Our cage-free chickens thrive on an all-natural, vegetarian 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've sent you corn tortillas. Serve as tacos filled with chicken and slaw.

**Health snapshot per serving** – 555 Calories, 15g Fat, 49g Protein, 58g Carbs, 16 Smart Points

**Lightened up snapshot** – 500 Calories, 30g Fat, 13 Smart Points with no tortillas – to bulk up the meal, add some lettuce to turn it into a burrito bowl.

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

INGREDIENTS: Free-Range Chicken, Flour Tortillas, Barbecue Sauce, Green Cabbage, Red Cabbage, Carrots, Mayonnaise, White Wine Vinegar, Brown Sugar, Lemon Juice, Herbs and Spices

meez *meals*

## 1. Getting Organized

Preheat your oven to 400 degrees.

## 2. Prep the Chicken

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).

## 3. 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 until ready to eat.

## 4. Cook the Chicken

Spread the chicken strips on a rimmed baking sheet and cook until no pink is showing on the outside, about 5 to 7 minutes.

Stir 2 Tbsp of water into the **Barbecue Sauce**. Add the barbecue sauce to the chicken on the sheet pan and stir to coat. Return to the oven and cook until the sauce has thickened, stirring once halfway through, about 7 to 10 minutes.

*The barbecue sauce may seem thin at first, but it will thicken as it cooks.*

## 5. Fill, Fold and Bake the Burrito

Fill the lower half of each **Tortilla** with barbecue chicken and top with the slaw. To roll the burrito: fold the sides in, pull the bottom up over the filling, and then roll. You want to keep a compact bundle, so keep the tortilla wrapped tightly around the filling.

Using a rubber spatula, scrape off any excess barbecue sauce from the now-empty baking sheet. Place the burritos seam side-down on the baking sheet, return to the oven and bake until warm to touch, about 2 minutes. Enjoy!

*Use tongs or a slotted spoon to remove the marinated cabbage and carrots from the bowl, leaving the liquid dressing behind. This will prevent your burrito from getting soggy!*

Instructions for two servings.

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



# Crispy Polenta with Feta & Mushrooms

There's something incredibly elegant about polenta cooked up into crispy rounds that we can't resist. Particularly when that crispy polenta gets topped with sautéed mushrooms and a creamy feta sauce. It looks fancy, but it's an easy dinner everyone will love.

## Getting Organized

### EQUIPMENT

Rimmed Baking Sheet  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 4 MEEZ CONTAINERS

Sweet Potatoes  
Polenta  
Mushroom Mix  
Feta & Cream

INGREDIENTS: Polenta, Sweet Potatoes, Mushrooms, Feta, Half & Half, Green Onion, Garlic, Spices

## Make The Meal Your Own

**Speed Tip** - Use two skillets and cook the mushrooms and polenta at the same time.

**Omnivore's Option** – Sautéed chicken thighs are tasty with this. Slice them thin and cook with the mushrooms.

**Cooking with a picky eater?** Polenta and sweet potatoes are delicious topped with a traditional pasta sauce, as well.

## Good To Know

**Health snapshot per serving** – 420 Calories, 14g Protein, 9g Fat, 9g Fiber, 14 Smart Points

**Have questions?** The dinner hotline is standing by between 5 & 8 every night at 773.916.MEEZ.

**30** Minutes to the Table

**30** Minutes Hands On

**1 Whisk** Super Easy

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## 1. Get Organized

Preheat your oven to 425.

## 2. Roast the Sweet Potatoes

Put the **Sweet Potatoes** onto a rimmed baking sheet and drizzle with olive oil, salt and pepper. Bake until crispy at the edges and golden brown in parts, about 20 to 25 minutes.

*We line our baking sheets with parchment paper to make cleanup a breeze.*

## 3. Crisp the Polenta

While the potatoes are roasting, cut the **Polenta** into approximately 8 pieces. Heat 2 Tbsp olive oil in a large skillet over high heat, then add the polenta in a single layer, working in batches if need be. Sauté until the pieces are golden, about 5 minutes, then flip and cook until golden as well. Set aside.

*The more oil the better- it'll make cooking easier. Just be sure it's very hot before adding the polenta.*

## 4. Cook the Mushrooms

In the now-empty polenta skillet, heat 1 Tbsp of olive oil over high heat. Add the **Mushroom Mix**. Cook until they are golden brown and the liquid has evaporated, about 7 to 12 minutes. Set aside.

*We've given you a lot of mushrooms. If your pan is crowded, work in batches.*

## 5. Heat the Sauce

Add the **Feta & Cream** to the now-empty mushroom skillet and cook over medium heat. Simmer until it's warm to the touch, about 3 to 5 minutes. Whisk every 2 to 3 minutes to get the cheese off the bottom of the pan and integrated into the sauce.

*Keep an eye on the sauce; we don't want it to burn!  
Love this recipe?  
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Top the polenta with the veggies and sauce. Enjoy!

Instructions for two servings.

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

# Steak and Fingerling Potato Salad with Kale and Cranberries

Meez's spin on classic steak and potatoes. We're starting with fresh fingerling potato salad tossed up with kale and cranberries in our favorite feta dressing. Then we're topping it with seared steak for a dinner that's packed with protein. Yum!

**25** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Saucepan  
Large Skillet  
Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Steak  
Fingerling Potatoes  
Kale  
Onions and  
Cranberries  
Feta Dressing

## Make The Meal Your Own

**Want some extra crisp?** Roast the potatoes and kale instead of boiling them, as we did in the main version of this recipe. It will take a few minutes longer, but adds a crisp texture and depth of flavor we just love.

**Get a jump on dinner** by cooking the potato salad ahead. When it's time for dinner, cook up the steak and serve over the chilled salad.

## 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** –665 Calories, 22g Fat, 37g Protein, 84g Carbs, 25 Smart Point

**Lightened up snapshot** – 520 Calories, 17g Fat, 33g Protein, 63g Carbs, 19 Smart Point by using half the dressing.

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

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

*meez* meals

## 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. Drain and remove to a large mixing bowl.

*Drain the kale and potatoes well to remove all the extra moisture.*

3. As soon as the potatoes are in the water, heat 1Tbsp oil in a skillet over medium high heat. Add the **Onions and Cranberries** and cook, stirring, until the onions are translucent, about 5 to 6 minutes. Remove to the large mixing bowl with the kale and potatoes from step #2.

Add  $\frac{3}{4}$ 's of the **Feta Dressing** to the mixing bowl with the kale, potatoes, onions and cranberries, and mix until everything is evenly coated, and set aside.

## 4. Cook the Steak

Return the now-empty skillet to the stove and set over high heat. While the skillet is heating, pat the **Steaks** dry with a paper towel and season generously with salt and pepper (we recommend  $\frac{1}{2}$  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.

*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.*

- **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.

*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.*

## 5. Put It All Together

Put the potato salad on the plate, top with the steak, drizzle with remaining dressing

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Tahitian Chicken Paella

Tropical flavors give the classic Spanish paella a twist we just love. With caramelized pineapple, sweet bell peppers, cage-free chicken breast and a coconut soy ginger sauce, this rice casserole is bursting with flavor.

**40** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Oven-Safe Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Chicken Breast  
Pineapple & Peppers  
Rice  
Coconut Soy Ginger Sauce  
Cashews

## Make The Meal Your Own

**Leftovers from this dish** make a delicious snack or next-day lunch. If you plan to save some for a later meal, reserve a bit of the coconut soy ginger sauce to moisten the paella when you reheat it.

**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

**The trick to this dish** is to use a large skillet or frying pan that will be safe in the oven. The rice should fit in a thin layer so it can develop crusty bits on the bottom, which is our favorite part of paella.

**Don't have an oven-safe skillet?** You can transfer the paella to a large casserole dish, instead.

**Health snapshot per serving** – 645 Calories, 52 g Protein, 6 g Fiber, 20 Smart Points

**Lightened up snapshot** – 465 Calories, 8g Fat and 16 SmartPoints when you leave out the cashews.

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

INGREDIENTS: Chicken Breast, Coconut Milk, Pineapple, Bell Peppers, Rice, Pineapple Juice, Onion, Soy Sauce, Cashews, Brown Sugar, Cilantro, Garlic, Herbs and Spices

meez *meals*

### 1. **Getting Organized**

Preheat your oven to 375.

### 2. **Prep the Chicken**

Place the **Chicken Breast** 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).

### 3. **Cook the Chicken and Vegetables**

Heat 1 Tbsp oil in a large, oven-safe skillet over high heat. Add the cubed chicken breast and cook, stirring occasionally, until no longer pink on the outside, about 3 to 5 minutes. Add the **Pineapple & Peppers** and continue cooking until the vegetables are soft and fragrant, 3 to 5 minutes.

### 4. **Prepare and Bake the Paella**

Stir the **Rice** in to the pan along with ¾ of the **Coconut Soy Ginger Sauce** and 1 cup of water. Bring to a boil and then cover (if your skillet doesn't have a lid, use aluminum foil).

Put the skillet into the oven and cook the paella until the rice is tender and the water has been absorbed, about 15 minutes. If the rice isn't fully cooked once the water has been absorbed, you can add a little more water and continue cooking until the rice is tender. Once the rice is to your liking, turn the oven off, but leave the skillet in for an additional 5 minutes.

### 5. **Put It All Together**

Uncover the skillet and return to the stove over high heat for 2 to 3 minutes. Top the paella with **Cashews** and drizzle with the remaining sauce. Enjoy!

*Be sure to save ¼ of the coconut soy ginger sauce. You'll need it at the end to finish the dish.*

*Resist the urge to stir the paella, let it cook undisturbed.*

*The 2 to 3 minutes on the stove will help develop a bottom crust to the paella. It's our favorite part!*

Instructions for two servings.  
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## Country Stack

The idea for this dinner came from some roasted root veggie fries Chef Max prepared in the test kitchen. As we were nibbling the roasted parsnips and beets straight from the sheet pan, we started brainstorming ways to turn them into a main course meal. When we hit on serving them over sautéed spinach with sunny-side up eggs and a delectable aioli, we knew we had a winner.

### Getting Organized

#### EQUIPMENT

- 2 Rimmed Baking Sheets
- Large Skillet

#### FROM YOUR PANTRY

- Olive Oil
- Vegetable Oil
- Salt & Pepper
- 2 Eggs

#### 4 MEEZ CONTAINERS

- Beets & Parsnips
- Cornbread
- Spinach
- Aioli

INGREDIENTS: Spinach, Parsnips, Cornbread, Beets, Mayonnaise, Red Wine Vinegar, Honey, Garlic, Herbs, Spices, Mustard

**30** Minutes to the Table

**15** Minutes Hands On

**2 Whisks** *Easy*

### Make The Meal Your Own

**If you'd like to speed up dinner**, roast the beets and parsnips ahead of time. Dinner will be on the table in 15 minutes.

**Kids and picky eaters** might prefer their aioli on the side.

**Omnivore's Option** – Irish or center cut bacon would add a traditional note. Serve it under the fried egg.

### Good To Know

**Health snapshot per serving** – 410 Calories, 11 Protein, 8g Fiber, 14 WW+ Points

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

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## 1. Getting Organized

Preheat your oven to 400.

## 2. Roast the Beets & Parsnips

Put the **Beets & Parsnips** on to a rimmed baking sheet. Drizzle generously with oil (about 2 Tbsp), plus salt and pepper. Toss, then arrange in a single layer and roast until golden in places, about 15 to 20 minutes. Stir once about halfway through.

## 3. Toast the Cornbread

While the veggies are cooking, crumble the **Cornbread** and bake it on a rimmed baking sheet until golden and crispy, 7 to 10 minutes.

## 4. Sauté the Spinach

While the veggies are cooking, heat ½ Tbsp oil a large skillet over high heat. Add the **Spinach** and cook until it wilts, about 2 to 3 minutes. Remove from heat and stir in 1 Tbsp of the **Aioli**. Plate the spinach on top of the cornbread, then top with the roasted beets and parsnips.

## 5. Fry Your Eggs

Wipe out the spinach pan and return to high heat. Cover the bottom with vegetable oil (about ¼ cup) and heat until it's fragrant.

Crack your eggs into the oil and cook for 90 seconds, then flip carefully and cook for 45 more seconds, then plate immediately on top of the cornbread and vegetables. Finish with a generous dollop of the aioli over everything. Enjoy!

*Don't skimp on the oil.  
Use enough so the  
vegetables become shiny.  
That will help them crisp.*

*Crumble the cornbread into  
dime size pieces.*

*You can also serve the  
eggs poached. (Don't know  
how to poach an egg? Give  
us a call!)*

*These times are for a  
runny yolk. You can cook  
it longer for a firmer egg.*

*Love this recipe? #meezmagic*

Instructions for two servings.

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



# Spinach Pesto Pizza

**30** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Baking Sheet

### FROM YOUR PANTRY

Olive Oil

### 4 MEEZ CONTAINERS

Pizza Dough

Sweet Potatoes

Gouda

Spinach Pesto

Cream

## Make The Meal Your Own

**Want to get a jump on this meal?** Cook everything in advance according to instructions. When you're ready to eat, just place the pizza in the oven.

**We love gouda.** If you're cooking with someone who doesn't, though, mozzarella is a tasty topper, too.

## Good to Know

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

710 Calories, 68g Carbs, 35 g Fat, 35g Protein, 24 Smart Points

### **Lightened up snapshot** (1/2 cheese, 1/2 pesto cream)

500 Calories, 65 g Carbs, 19g Fat, 21g Protein, 16 Smart Points

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

INGREDIENTS: Whole Wheat Pizza Dough, Sweet Potato, Gouda, Half and Half, Spinach, Basil, Lemon Juice, Garlic, Spices

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### 1. **Getting Started**

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

### 2. **Roast the Potatoes**

Toss the **Sweet Potatoes** with 1 Tbsp of oil and spread in a single layer on a baking sheet. Roast 7 to 10 minutes and then move to one side of the baking sheet so you can build the pizza.

### 3. **Make the Pizza**

While the potatoes are roasting, sprinkle your counter with a little flour and stretch the **Pizza Dough** into shape. The size and thickness are up to you, but we target about 1/4" thickness. Our pizzas are usually about 4" wide and 7" long, but you can make yours however you like.

Put the dough on the baking sheet. Top with half of the **Spinach Pesto Cream** and the roasted potatoes. Drizzle the remaining pesto around the top of the pizza and then top with **Gouda**. Bake until the crust is brown and the cheese is melted, 12 to 15 minutes. Enjoy!

*Love this recipe? #meezmagic*

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# Dijon Roasted Brussels

**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

Brussels Sprouts  
Almonds  
Dijon Vinaigrette

## Make This Meal Your Own

**Omnivore's Option** – Bacon and Brussels sprouts 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 (serves 2)**

490 Calories, 28g Carbs, 12g Protein, 16 Smart Points

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

INGREDIENTS: Brussels Sprouts, 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 Brussels Sprouts

Toss the **Brussels Sprouts** with 1 1/2 Tbsp of olive oil and season with salt and pepper. Spread the Brussels sprouts in a single layer on a baking sheet and roast until they are beginning to brown on the sides, about 15 minutes

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

Pour half of the **Dijon Vinaigrette** on to your Brussels sprouts and mix well. Bake for 5 more minutes.

### 3. Put It All Together

Season the Brussels sprouts with salt and pepper and more vinaigrette to taste. Enjoy! *Love this recipe? #meezmagic*

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

## Health Snapshot

### Spinach Pancakes

690 Calories  
29 g Protein  
42 g Fat  
57 g Carbs.  
7 g Fiber  
1077 mg Sod.

25 Smart Points

88% Vit. C  
75% Folate  
72% Calcium

### Yucatan Rice Bowl

625 Calories  
22 g Protein  
11 g Fat  
121 g Carbs.  
19 g Fiber  
529 mg Sod.

16 WW Smart Pts.

112% Vitamin A  
75% Folate  
368% Vitamin C

### BBQ Chicken Burrito

555 Calories  
49 g Protein  
15 g Fat  
58 g Carbs.  
5 g Fiber  
685 mg Sod.

16 WW Smart Pts.

85% Vitamin C  
0% Vit. B-12  
112% Vitamin A

### Crispy Polenta with Feta

420 Calories  
14g Protein  
9 g Fat  
76g Carbs.  
9g Fiber  
715mg Sodium

14 Smart Points

584% Vit. A  
86% Vit. C  
31% B6

### Steak and Potato Salad

665 Calories  
37g Protein  
22g Fat  
84g Carbs.  
7g Fiber  
526mg Sodium

25 Smart Points

29% Calcium  
232% Vitamin A  
109% Vit C

### Lighten Up Option

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

#### Pancakes

*½ the citrus cream  
and ½ corn salsa*

520 Calories  
30 g Fat  
19 Smart Points

#### Yucatan Rice

*No changes*

#### Burrito

*No tortillas*

500 Calories  
30 g Fat  
13 Smt. Pts.

#### Crispy Polenta

*No changes*

#### Steak and Potato Salad

*½ the sauce*

520 Calories  
17 g Fat  
19 Smart Points

## Health Snapshot

### Tahitian Chicken Paella

645 Calories  
52 g Protein  
20 g Fat  
65 g Carbs.  
6 g Fiber  
353 mg Sodium

20 Smart Points

8% Vitamin B6  
128% Vitamin C  
25% Calcium

### Country Stack

410 Calories  
11 g Protein  
11 g Fat  
70 g Carbs.  
8 g Fiber  
722 mg Sod.

14 WW+ Points

216% Vitamin A  
84% Vitamin C  
38% Calcium

### Spinach Pesto Pizza

710 Calories  
35 g Protein  
35 g Fat  
68 g Carbs.  
10 g Fiber  
866 mg Sod.

26 Smart Points

538% Vitamin A  
81% Calcium  
69% Vitamin C

### Dijon Roasted Brussels

490 Calories  
12 g Protein  
41 g Fat  
28 g Carbs.  
11 g Fiber  
70 mg Sod.

16 Smart Points

279% Vitamin C  
57% Vitamin E  
32% Folate

### Lighten Up Option

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

#### Chicken

No cashews

465 Calories

8 g Fat

16 Smart Points

#### Country Stack

No changes

#### Pizza

1/2 cheese, 1/2 pesto cream

500 Calories

19 g Fat

#### Brussels

No changes

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.