

## Quick Tips

### *Sweet Basil Chicken Tacos with French Style*

<b>30 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** No pre-work needed.

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

### *Sweet Potato Kale & Rice Bowl with Peanut Sauce*

<b>40 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Easy
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**Getting Started** Preheat your oven to 450 & put a saucepan on to boil.

**Omnivore Option** We like this dish as is.

### *Bistro Steak with Pesto Penne*

<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 on a saucepan of water of boil.

**Meal Tip** Cook up to 2 days in advance for an easy dinner or lunch.

### *Southwestern Salmon with Fresh Corn Salsa*

<b>20 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** No pre-work needed.

**Meal Tip** Add your favorite grain to bulk the meal up.

### *Roasted Vegetable Salad with Asiago Vinaigrette*

<b>25 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** We love this dish as is.



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### *Roasted Red Pepper Spaghetti with Squash & Spinach*

<b>30 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 425 and put a pot of water on to boil.

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

### *Lemon-Chai Brussels Sprouts Over Pearl Couscous*

<b>20 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Easy
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**Getting Started** Preheat your oven to 400 and boil some water.

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

### *Herb Roasted Chicken with Fingerling Potatoes*

<b>65 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat oven to 425.

**Meal Tip** Bacon would make this meal even more delicious.

**From Your Pantry** You'll need 1/2 Tbsp of flour per serving.

### *Italian Quesadilla*

<b>25 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.

**Meal Tip** Skip the cauliflower if you'd like.

### *Mediterranean Salad Bowl*

<b>5 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Toast the croutons, then toss and serve!

### *Thai Coconut Kale*

<b>10 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** All you'll need is a skillet.

# Lemon Chai Brussels Sprouts Over Pearl Couscous

We crave the sunny flavors of the Mediterranean this time of year. One bite of this gem, and we were transported. The magic comes from lemon-chai vinaigrette, which has a depth of flavor that pairs perfectly with crispy Brussels sprouts. We're serving it over pearl couscous with feta and walnuts. The result is simple and delicious.

**20** *Minutes to the Table*

**10** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Rimmed Baking Sheet  
Saucepan

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Brussels Sprouts  
Couscous  
Lemon Chai  
Vinaigrette  
Feta Cheese  
Walnuts

## Make The Meal Your Own

**Cooking with a picky eater?** Try serving this over pasta, instead.

**Omnivore's Option** – Broiled halibut is delicious on top of this dinner.

## Good To Know

**If you're making the gluten-free version**, we've given you quinoa. Cooking it up is easy. Just bring 2.5 cups of water to a boil, then add the quinoa and a dash of salt. Cover and lower the heat to a simmer. Cook for 12 to 15 minutes, until the grain blooms and most of the liquid is absorbed. Fluff it up and let it sit covered for 5 minutes more. (If you have leftover liquid, simply drain it off.)

**If you're making the vegan version**, we're skipping the feta. Add an extra pinch of salt and you'll be all set.

**Health snapshot per serving** – 865 Calories, 19g Protein, 10g Fiber, 29 Smart Points

**Lightened up snapshot** – 515 Calories, 37g Fat and 17 Smart Points with ½ the cheese, nuts and vinaigrette.

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

INGREDIENTS: Brussels Sprouts, Couscous, Feta Cheese, Olive Oil, Walnuts, Lemon, Green Onions, Brown Sugar, Garlic, Herbs & Spices

*meez* meals

1. **Get Organized**

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

2. **Roast the Brussels Sprouts**

Put the **Brussels Sprouts** on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss well, then arrange in a single layer and bake until brown and crispy, 12 to 15 minutes.

3. **Cook the Couscous**

While the sprouts are cooking, salt your boiling water generously and add the **Couscous**. Cook until al dente, 5 to 10 minutes. Drain, return to the saucepan and set aside until the sprouts are done cooking.

4. **Put It All Together**

When the sprouts are done, add them to the saucepan with the couscous and stir in the **Lemon-Chai Vinaigrette**. Heat over medium until warm throughout, about 2 minutes.

Top with the **Feta Cheese** and **Walnuts** and enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Roasted Red Pepper Spaghetti with Squash and Spinach

There's something magical about roasted red peppers; they make for a creamy pasta sauce without any cream. They're the stars of our pasta sauce this week with plenty of thyme and sherry vinegar, plus fresh spinach and roasted butternut squash. Tossed with spaghetti and just 15 minutes hands-on, it's a meal just right for a busy week!

**30** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Rimmed Baking Sheet  
Saucepan  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Butternut Squash  
Parmesan Cheese  
Red Pepper Sauce  
Spinach  
Whole Wheat Spaghetti

## Make the Meal Your Own

**Cooking with a picky eater?** Heat the red pepper sauce separately from the spinach so each diner can add it to his or her own tastes.

**Omnivore's Option** – Halibut is a great addition. Bake a fillet with the butternut squash and serve it over the pasta before you top with the roasted red pepper sauce.

## Good to Know

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

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

**Health snapshot per serving** – 370 Calories, 18g Protein, 10g Fat, 11 Smart Points

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

INGREDIENTS: Butternut Squash, Spinach, Roasted Red Peppers, Whole Wheat Spaghetti, Parmesan, Sherry Vinegar, Brown Sugar, Almonds, Kalamata Olives, Garlic, Herbs and Spices

*meez* meals

### 1. Get Organized

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

### 2. Roast the Butternut Squash

Put the **Butternut Squash** on a rimmed baking sheet. Drizzle with olive oil and season with salt and pepper. Toss well, arrange in a single layer and bake until lightly caramelized at the edges, about 20 to 25 minutes.

*Stir the butternut squash once, about halfway through cooking.*

### 3. Cook the Spaghetti

While the squash is cooking, salt the boiling water and add the **Whole Wheat Spaghetti**. Cook until al dente, about 7 to 9 minutes. Drain and set aside.

*Spaghetti has a tendency to stick, so be sure to stir it during the first few minutes of cooking.*

### 4. Finish the Sauce

Once the spaghetti is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Spinach** and cook, stirring constantly, until it wilts, about 2 to 5 minutes.

Add the **Red Pepper Sauce** and half of the **Parmesan Cheese**. Cook for a minute, then turn the heat off and add the cooked spaghetti. Stir well, and then mix in the roasted squash. Serve topped with the remaining Parmesan. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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

## Sweet Potato, Kale & Rice Bowl with Peanut Sauce

**40** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

This gem is humble and oh-so delicious. It's all about the Asian peanut butter sauce, which we could eat with a spoon. But since we're supposed to be grown ups, we're restraining ourselves. (Mostly.) Instead, we're tossing it with roasted sweet potatoes, toasted organic tofu, wilted kale and brown rice. The result is crazy good.

### Getting Organized

#### EQUIPMENT

Saucepan  
Large Skillet  
Rimmed Baking Sheet  
Mixing Bowl

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 5 MEEZ CONTAINERS

Baked Tofu  
Brown Rice  
Kale  
Peanut Sauce  
Sweet Potatoes

### Make The Meal Your Own

**Cooking with a picky eater?** This peanut sauce makes even the scariest vegetable delicious. Try chopping the kale into small bites so it's more approachable for cautious eaters.

**Love peanuts?** Try sprinkling some more on top of the dish for an extra crunch.

### Good To Know

**Chef's Note** -- You'll see our method for cooking brown rice is a little unusual. It's faster than the traditional method, and we think the rice ends up fluffier.

**Health snapshot per serving** – 570 Calories, 28g Protein, 11g Fiber, 16 Smart Points

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

INGREDIENTS: Sweet Potatoes, Kale, Baked Tofu, Brown Rice, Peanut Butter, Rice Vinegar, Soy Sauce, Brown Sugar, Garlic, Ginger, Spices

*meez* meals

## 1. Getting Organized

Preheat your oven to 450 and put a saucepan of water on to boil.

## 2. Cook the Rice

Add the **Brown Rice** to the saucepan of boiling water and simmer uncovered over medium heat for 30 minutes. Drain, then return it 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. Remember: brown rice has a firmer texture than white rice.*

## 3. Roast the Sweet Potatoes

While the rice is cooking, put the **Sweet Potatoes** on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss well, then arrange in a single layer and bake until tender, about 20 to 25 minutes.

## 4. Cook the Kale & Tofu

Heat 2 Tbsp olive oil in a large skillet over medium-high heat. Add the **Kale** and cook, stirring, until it's bright green and lightly wilted, about 3 to 5 minutes. Season with salt and pepper and transfer to a bowl.

*If you prefer softer kale, cook it for a few extra minutes.*

Heat another 2 Tbsp olive oil in the now-empty skillet over medium-high heat. Add the **Baked Tofu** to the pan and cook until it crisps in places, about 3 to 5 minutes on each side.

## 5. Put It All Together

Put the **Peanut Sauce** into a mixing bowl and thin with a little water. Serve the rice topped with kale, tofu and sweet potatoes. Drizzle with the peanut sauce and enjoy!

*We found 2 to 4 Tbsp water is just right.*

*Love this recipe? #meezmagic*

Instructions for two servings.

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



# Roasted Vegetables with Asiago Vinaigrette

It doesn't get any easier, or more delicious, than this. Chef Max's Asiago vinaigrette adds a spark that makes roasted broccoli, peppers and tomatoes irresistible. We're tossing them with crunchy croutons, toasted quinoa and shaved Parmesan for ridiculously tasty dinner we just love.

**25** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Rimmed Baking  
Sheet(s)  
Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Broccoli & Tomatoes  
Peppers & Quinoa  
Cannellini Beans  
Bread Cubes  
Asiago Vinaigrette  
Parmesan Cheese

## Make The Meal Your Own

**Want to get a jump on dinner?** Cook the vegetables ahead and serve as a cold salad.

**Leftovers tip** – Members tell us they love this dish served cold with sliced chicken and raw spinach.

## Good To Know

**Health snapshot per serving** – 600 Calories, 17g Protein, 12g Fiber, 19 Smart Points

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

INGREDIENTS: Bell Peppers, Cannellini Beans, Broccoli, Quinoa, Bread, Asiago Cheese, Parmesan Cheese, White Wine Vinegar, Tomatoes, Green Onions, Olive Oil, Lemon, Miso, Garlic, Spices

meez meals

### 1. Getting Organized

Preheat your oven to 400.

### 2. Roast the Vegetables

Put the **Broccoli & Tomatoes, Peppers & Quinoa** and **Cannellini Beans** into a large mixing bowl and drizzle with olive oil, salt and pepper. Toss well, then arrange on a rimmed baking sheet (or two) in a single layer. Cook until the tomatoes burst, the peppers are lightly browned and the broccoli is a little crispy, about 15 to 20 minutes, then return to the large mixing bowl.

*We're cooking the quinoa right along with the vegetables. It's a hands-free trick that gives the quinoa a crunchy, nutty texture.*

### 3. Make the Croutons

While the vegetables are roasting, mix 2 Tbsp olive oil, 2 pinches of salt and 2 big pinches of pepper in a mixing bowl and add the **Bread Cubes**. Stir it all together, then transfer to a baking sheet and arrange in a single layer. Bake until lightly crunchy, about 7 to 10 minutes.

### 4. Put It All Together

Toss the cooked vegetables with half of the **Asiago Vinaigrette**. Serve topped with the croutons, **Parmesan Cheese** and more vinaigrette to taste. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Sweet Basil Chicken Tacos with French Style Slaw

A delicious spin on a chicken taco. We're cooking cage-free chicken in an Asian inspired sauce, then pairing it with a French-style crunchy broccoli and cabbage slaw. All packed into a taco, it's sure to become a household favorite.

**30** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Mixing Bowl  
Medium Saucepan with  
Lid  
Small Skillet (optional)

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Cabbage & Carrots  
Coleslaw Dressing  
Chicken Breast  
Sweet Basil Sauce  
Tortillas

## Make The Meal Your Own

**Picky eater tip** – Mix the carrots and cabbage with the saucy chicken instead of the coleslaw dressing.

**Leftovers tip** - Coleslaw makes a great base for a salad. Mix it with your favorite greens and veggies to create a whole new meal.

**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** – 480 Calories, 10g Fat, 49g Protein, 48g Carbs, 12 Smart Points

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

INGREDIENTS: Cage-Free Chicken, Corn Tortillas, Cabbage, Broccoli, Carrot, Mirin, Mayonnaise, White Wine Vinegar, Brown Sugar, Tamari, Apple Cider Vinegar, Lemon Juice, Basil, Garlic, 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 until ready to eat.

### 2. Prep the Chicken

Place the **Chicken Breast** on a cutting board. 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). Using a sharp knife, cut the chicken breast evenly into strips, about ¼" to ½" wide.

### 3. Cook the Chicken

Heat 1 Tbsp of oil in a medium saucepan over high heat. Add the chicken strips and cook until starting to color on the bottom and sides, about 2 to 4 minutes. Flip the chicken and cook until no longer pink, 2 to 4 more minutes.

Add the **Sweet Basil Sauce** and ½ cup of water to the pan. Reduce heat to medium, cover and cook until chicken is cooked through and tender, about 4 to 6 minutes.

*The easiest way to tell if the chicken is fully cooked is to use tongs or two forks to see if it pulls apart. If it does, it's done.*

### 4. Heat the Tortillas

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

### 5. Put It All Together

Serve the tacos filled with sweet basil chicken topped with coleslaw. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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

## Herb-Roasted Chicken with Fingerling Potatoes

We're putting a fresh spin on classic roast chicken this week. With fingerling potatoes, cremini mushrooms, fresh herb rub and hands-free white wine sauce, it's a sophisticated one-pan dinner we just love. (Did we mention it's just 10 minutes hands on?)

**65** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

### Getting Organized

#### EQUIPMENT

Deep Casserole Dish or  
Roasting Pan

#### FROM YOUR PANTRY

1 Tbsp Flour  
Olive Oil  
Salt & Pepper

#### 6 MEEZ CONTAINERS

Chicken Thighs  
Fingerling Potatoes  
Mushrooms  
Red Onion  
Herbs & Garlic  
White Wine Sauce

### Make The Meal Your Own

**Everything is better with bacon.** Chef Max likes to dice slab bacon and add it to the roasting pan with the onions and mushrooms. The extra fat makes for decadent, flavorful vegetables.

**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

**Health snapshot per serving** – 690 Calories, 15g Fat, 54g Protein, 75g Carbs, 18 Smart Points

**Lightened Up per serving** - 500 Calories, 12g Fat, 50g Protein, 41g Carbs, 12 Smart Points using ½ the potatoes and wine sauce

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

INGREDIENTS: Cage-Free Chicken Thighs, Fingerling Potatoes, Cremini Mushrooms, White Wine, Red Onion, Capers, Heavy Cream, Garlic, Miso, Herbs and Spices

meez meals

### 1. Getting Organized

Preheat your oven to 425 degrees.

### 2. Prep the Chicken and Potatoes

Pat the **Chicken Thighs** dry with a towel. If the chicken skin has bunched in places, pull it evenly over the chicken thighs so that it lays flat.

*This step ensures that the chicken skin gets nice and crispy.*

Cut the **Fingerling Potatoes** in half lengthwise.

### 3. Roast the Chicken

In a roasting pan or deep casserole dish, toss the chicken thighs, potatoes, **Mushrooms**, **Red Onion** and **Herbs & Garlic** with 2 Tbsp olive oil, ½ tsp salt and ¼ tsp pepper. Arrange the vegetables on the bottom of the pan and set the chicken thighs on top. Roast until the chicken skin is beginning to brown and crisp, about 40 to 45 minutes.

### 4. Finish the Sauce

Remove from the oven and sprinkle 1 Tbsp flour over everything. Return to the oven for 5 minutes. Remove again, toss well and add the **White Wine Sauce** to the pan. Stir well to incorporate.

*When you stir the sauce, mix in any dry pockets of flour.*

Return the pan to the oven and cook until the chicken is brown and crispy and the sauce is thick and bubbling, about 8 to 10 minutes.

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Bistro Steak with Pesto Penne

An Italian classic. We're tossing sirloin steak with a creamy basil pesto. With sautéed spinach, mushrooms and whole grain penne, it's a meal we can't stop eating.

**25** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Saucepan  
Mixing Bowl  
Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Whole Grain Pasta  
Basil Pesto Cream  
Mushrooms  
Sirloin  
Spinach  
Parmesan

## Make The Meal Your Own

**This dish is delicious cold and can be made in advance.** Cook everything up to 2 days in advance and then use as a grab-and-go lunch or as a simple, no-cook weeknight dinner.

**Picky Eater Tip** – The mushrooms are packaged separately, so you can serve them just to the diners who love them.

**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** – 555 Calories, 45g Protein, 25g Fat, 40g Carbs, 16 Smart Points

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

INGREDIENTS: Sirloin Steak, Spinach, Cremini Mushrooms, Whole Grain Pasta, Parmesan, Heavy Cream, Basil, White Wine, Lemon Juice, Garlic

meez *meals*

### 1. Get Organized

Put a saucepan of water on to boil.

### 2. Cook the Pasta

Add the **Whole Grain Pasta** to the boiling water and cook until al dente, about 7 to 9 minutes. Drain and return to the saucepan. Stir half of the **Basil Pesto Cream** into the warm pasta to coat.

### 3. Brown the Mushrooms

While the pasta is cooking, heat 1 Tbsp oil in a large skillet over high heat. Add the **Mushrooms** and cook, stirring occasionally, until golden brown, about 3 to 5 minutes. Remove the mushrooms to a bowl.

### 4. Cook the Steaks

Return the now-empty skillet to the stove with 1 tsp oil over high heat. While the skillet is heating, pat the **Sirloin** 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 sirloin. 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.

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).

### 5. Cook the Spinach

Return the skillet to the stove over medium heat. Add the **Spinach** and cook until lightly wilted, about 2 minutes.

### 6. Put It All Together

Serve the pasta topped with spinach, mushrooms and sliced steak. Sprinkle the **Parmesan** over the top and drizzle with extra pesto cream to taste.

*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.*

Instructions for two servings.

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



## Southwestern Salmon with Fresh Corn Salsa

Get ready for a flavor sensation! Salmon seasoned with zesty Southwestern spices, then topped with a fresh corn and tomato salsa. We're serving it up over cauliflower "rice", for a speedy low carb meal.

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Shallow Pie Pan or Plate  
Large Skillet

#### FROM YOUR PANTRY

2 Tbsp Flour  
Olive Oil  
Salt & Pepper

#### 4 MEEZ CONTAINERS

Cauliflower  
Southwest Seasoning  
Salmon  
Corn & Tomato Salsa

### Make The Meal Your Own

**We love using cauliflower as the "rice" in this dish**, but if you want to bulk it up, toss the cauliflower with your favorite grain (we like quinoa) and serve it with the salmon and salsa on top.

**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 on each 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 a fan of spice?** Use just half of the southwest seasoning to coat the salmon.

**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** – 480 Calories, 29g Fat, 24g Protein, 40g Carbs, 14 Smart Points

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

INGREDIENTS: Responsibly Fished Salmon, Cauliflower, Corn, Grape Tomatoes, Olive Oil, Cilantro, Lime Juice, Apple Cider Vinegar, Spices

*meez* meals

### 1. Cook the Cauliflower

Heat 1 Tbsp oil in a large skillet over medium-high heat. Add the **Cauliflower** and cook until well browned, 7 to 10 minutes. Remove to a bowl or serving dish and return the skillet to the stove.

### 2. Season and Cook the Salmon

Combine the **Southwest Seasoning** with 2 Tbsp of flour on a plate or in a shallow pie pan. Pat the **Salmon** fillets dry with a paper towel and then coat each one with the seasoning mixture, making sure each fillet is completely covered.

Heat 2 Tbsp of oil in your now-empty 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, cover and let sit for 5 minutes.

*Any kind of flour will work here: all-purpose, rice flour, even chickpea. Use your favorite.*

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

### 3. Put It All Together

Serve the cauliflower topped with salmon and **Corn & Tomato Salsa**. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Italian Quesadilla

**25** *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

Cauliflower

Tortillas

Chickpea Spread

Chihuahua

Cheese

## Good to Know

**We love the way this recipe sneaks cauliflower** into a snack, but you can skip it and enjoy the quesadilla with just the chickpea spread, instead.

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

485 Calories, 18g Fat, 69g Carbs, 8g Fiber

16 Smart Points

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

INGREDIENTS: Flour Tortillas, Cauliflower, Chihuahua Cheese, Chickpeas, Tomato, White Wine, Garlic, Herbs and Spices

meez *meals*

### 1. Getting Organized

Preheat your oven to 400.

### 2. Roast the Cauliflower

Toss the **Cauliflower** with 1 Tbsp of oil and place in the center of a baking sheet (to prevent it from burning). Bake until just starting to brown, about 7 to 10 minutes. Move the cauliflower to one side of the baking sheet to allow room to build the quesadilla.

### 3. Build the Quesadilla

Oil the baking sheet with 1 to 2 Tbsp of 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 **Chickpea Spread** on the tortilla and then top with half of the **Chihuahua Cheese** and all of the cauliflower. Sprinkle the remaining cheese on top of the cauliflower. 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, 6 to 8 minutes. 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**

# Mediterranean Salad Bowl

5 Minutes to the Table

5 Minutes Hands On

## Getting Organized

### EQUIPMENT

Mixing Bowl  
Skillet

### FROM YOUR PANTRY

Salt & Pepper

### 5 MEEZ CONTAINERS

Baguette  
English Cucumber  
Artichoke Mix  
Broccoli Slaw Red  
Pepper  
Asiago Vinaigrette

## Put It All Together

To make croutons, add 2 Tbsp oil to skillet and heat on medium high. Add **Baguette** and sauté 4-5 minutes. Shake pan every few minutes until lightly browned. When done, season with salt and pepper.

While croutons are cooking, toss the **Cucumbers, Artichoke Mix, Broccoli Slaw & Red Peppers** into bowl, and add **Vinaigrette**. Mix well, season with salt and pepper and top with croutons.

## Good to Know

### Health Snapshot per 1 serving

425 Calories, 9g Fat, 58g Carbs, 15g Protein, 14 Smart Points

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

INGREDIENTS: Artichokes, Broccoli Slaw, Cucumber, Cannellini Beans, Red Bell Peppers, Baguette, Olive Oil, Asiago Cheese, Sun-Dried Tomatoes, Kalamata Olives, Cider Vinegar, Carrots, Lemon Juice, Miso, Garlic, Black Pepper, Herbs

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# Thai Coconut Kale

10 Minutes to the Table

10 Minutes Hands On

## Getting Organized

### EQUIPMENT

Skillet

### FROM YOUR PANTRY

Salt & Pepper

Olive Oil

### 3 MEEZ CONTAINERS

Kale

Coconut

Sweet Chili Sauce

## Put It All Together

Heat 1 Tbsp olive oil in a large skillet over high heat. Cook the **Kale** in batches (about 3 total) until lightly browned, about 2 minutes per batch (6 minutes total). Once the kale is wilted, add the **Coconut** and cook until it starts to brown, about 2 more minutes, stirring frequently. Add the **Sweet Chili Sauce** and cook for one minute, then serve.

## Good to Know

### **Health Snapshot per serving (serves 2)**

200 Calories, 6g Protein, 2g Fat, 4g Fiber,  
8 Smart Points

### **Have Questions?**

We're standing by at 773.916.6339

INGREDIENTS: Kale, Sweet Chili Sauce, Coconut

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## Health Snapshot

### Herb Roasted Chicken

690 Calories  
54g Protein  
15g Fat  
75g Carbs  
6g Saturated Fat  
1321mg Sodium

18 Smart Points

125% Vitamin C  
2% Vitamin D  
69% Vitamin b6

### Chicken Tacos

480 Calories  
61g Protein  
6g Fat  
48g Carbs.  
8g Fiber  
300mg Sodium

10 Smart Points

105% Vitamin C  
41% Vitamin A  
14% Vitamin B-6

### Bistro Steak

555 Calories  
45g Protein  
25g Fat  
39g Carbs  
7g Fiber  
387mg Sodium  
16 Smart Points

72% Vit. B-12  
25% Calcium  
182% Vitamin A

### Southwestern Salmon

480 Calories  
24g Protein  
29g Fat  
40g Carbs  
6g Fiber  
14 Smart Points

160% Vitamin C  
24% Vitamin B6

### Sweet Potato, Kale & Rice Bowl

570 Calories  
28g Protein  
16g Fat  
85g Carbs.  
11g Fiber  
235mg Sodium

16 Smart Points

753% Vitamin A  
127% Vitamin C  
26% Iron

### Lighten Up Option

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

#### Roasted Chicken

½ potatoes and  
wine sauce

500 Calories  
12g Fat

#### Chicken Tacos

No changes

#### Bistro Steak

No Changes

#### Salmon

No Changes

#### Rice Bowl

No changes

## Health Snapshot

<b>Roasted Vegetables</b>	<b>Roasted Red Pepper Spaghetti</b>	<b>Lemon-Chai Brussels Sprouts</b>	<b>Mediterranean Salad Bowl</b>	<b>Italian Quesadilla</b>	<b>Thai Coconut Kale</b>
600 Calories	370 Calories	865 Calories	425 Calories	485 Calories	200 Calories
17g Protein	18g Protein	19g Protein	15 Protein	20g Protein	6g Protein
32g Fat	10g Fat	7 g Fat	8g Fat	18g Fat	2g Fat
68g Carbs.	64g Carbs.	44g Carbs.	58g Carbs.	69g Carbs.	43g Carbs.
12g Fiber	15g Fiber	10g Fiber	10g Fiber	8g Fiber	4 g Fiber
518mg Sodium	547mg Sod.	518mg Sod.	907mg Sod.	1283 mg Sodium	681mg Sod.
19 Smart Points	11 Smart Points	29 Smart Points	14 Smart Points	16 Smart Points	8 Smart Points
556% Vitamin C	495% Vitamin A	267% Vitamin C	402% Vitamin C	120% Vitamin C	490% Vitamin A
16% Calcium	193% Vitamin C	41% Folate	97% Vitamin A	47% Calcium	314% Vitamin C
112% Vitamin A	39% Calcium	34% Vitamin A	24% Iron	19% Vitamin B6	20% Calcium

### Lighten Up Option

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

<b>Vegetables</b>	<b>Spaghetti</b>	<b>Brussels</b>	<b>Salad</b>	<b>Quesadilla</b>	<b>Coconut Kale</b>
No Changes	No Changes	½ cheese, nuts and vinaigrette	No Changes	No Changes	No Changes
		515 Calories			
		37g 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.