

## Quick Tips

### *Loaded Mozzarella and Balsamic Glazed Tomato Quesadilla*

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<b>25 Min</b> to Table	<b>25 Min</b> Hands On	<b>2 Whisks</b> Easy
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**Getting Started** No pre-work needed.

**Meal Tip** Use two pans to cook tomatoes and spinach at the same time.

### *Mexican Steak Taco Bowl*

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<b>20 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 and put a saucepan of water on to boil.

**Meal Tip** Great as a salad- just add chopped romaine.

### *Buttermilk Salad with Nut-Crusted Chicken*

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<b>35 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** This meal is delicious cold!

  
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### *Kung Pao Edamame with Udon Noodles*

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<b>15 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Bring a large pot of water to a boil.

**Omnivore Option** Shrimp is great in this dish.

### *Southern Sweet Corn and Cheddar Strata*

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<b>65 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 350 and grease your pan.

**Omnivore Option** Cooked, crumbled bacon or sausage is perfect with this.

**From Your Pantry** You'll need half & half/milk & butter/cooking spray.

### *Caper Tilapia with Parsley and Potatoes*

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<b>35 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.

**From your Pantry** You will need 1 1/2 Tbsp butter per serving.

### *Fontina Baked Chicken*

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<b>30 Min</b> to Table	<b>15 Min</b> Hands On	<b>2 Whisk</b> Easy
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**Getting Started** Preheat oven to 400.

**Leftovers tip** Serve the leftovers over pasta.

### *Cilantro Lime Rice with Avocado & Toasted Chickpeas*

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<b>20 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**When Meals Arrive** Check your avocado for ripeness. If it is hard, leave it on the counter to ripen.

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

**Omnivore Option** Pulled chicken breast is delicious in this meal.

### *Mediterranean Grilled Cheese*

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<b>10 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Heat 1 tbsp of butter into a medium skillet.

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

### *Buddha Salad Bowl*

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<b>5 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** No pre-work needed.

### *Balsamic-Glazed Brussel Sprouts*

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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 oven to 450.

**Meal Tip** Prepare a day in advance and serve cold with dinner!

# Loaded Mozzarella & Balsamic-Glazed Tomato Quesadilla

**25** Minutes to the Table

**25** Minutes Hands On

**2 Whisks** Easy

Our members say it best: "The quesadilla was fantastic. It was tasty, easy and fun to make! Kinda like pizza AND the grape tomato topping was so GOOD." What could be that delicious? This caprese-inspired quesadilla layers basil pesto, spinach, balsamic-glazed tomatoes and lots of mozzarella in a warm tortilla. It's a dinner you don't want to miss.

## Getting Organized

### EQUIPMENT

Large Skillet  
Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Tomatoes  
Balsamic Glaze  
Spinach  
Tortillas  
Basil Pesto  
Mozzarella

## Make The Meal Your Own

**Want to eat even faster?** Use two pans and cook up the tomatoes and spinach at the same time. Dinner will be on the table in about 15 minutes.

**Cooking for a crowd?** Free up a few burners by cooking your quesadillas under the broiler instead of on the stove.

## Good To Know

**If you're making the gluten-free version**, we've given you corn tortillas. They're smaller than flour tortillas, so you'll make two round quesadillas per person, rather than one half-moon.

**If you're making the vegan version**, skip the mozzarella and make a pesto and spinach foldover. Cook the vegetables and heat the tortillas according to the instructions, then spread on the pesto, fill with the spinach and tomatoes and cook until heated through.

**Health snapshot per serving** – 605 Calories, 27g Fat, 26g Protein, 10g Fiber, 21 Smart Points

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

INGREDIENTS: Tomatoes, Spinach, Flour Tortillas, Mozzarella Cheese, Basil, Almonds, Balsamic Vinegar, Brown Sugar, Lemon Juice, Olive Oil, Garlic

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### 1. Getting Organized

Heat 1 Tbsp of olive oil in a large skillet over medium heat.

### 2. Cook the Vegetables

Add the **Tomatoes** and cook until they pop and most of the liquid has evaporated, 5 to 10 minutes. Add the **Balsamic Glaze** and cook another 2 minutes. Transfer to a bowl and return the skillet to the heat.

Add the **Spinach** and a good pinch of salt. Cook until it just wilts, about 1 to 2 minutes.

### 3. Assemble the Quesadillas

Wipe out the skillet with a paper towel, and then heat 1 Tbsp of oil over medium heat. Place one **Tortilla** into the skillet and move around to lightly coat the bottom with oil. Repeat each time you're making a new quesadilla.

Spread the **Basil Pesto** on the tortilla and then add some of the wilted spinach and **Mozzarella** on one side. Fold one side over and cook until golden, about 2 to 3 minutes on each side.

### 4. Put It All Together

Cut the quesadillas into pieces and serve topped with the glazed tomatoes. Enjoy!

*Love this recipe? #meezmagic*

*We like to assemble the quesadillas in the pan so there's no risk of a mess.*

*If there's extra liquid with the tomatoes, just leave it behind. You don't want to make the quesadillas soggy.*

Instructions for two servings.

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

# Buttermilk Salad with Nut-Crusted Chicken

How to make a delicious salad into a hearty dinner? Toss together a buttermilk broccoli salad and serve it topped with nut-crusted chicken breast. With walnuts, almonds, pecorino and panko, this crunchy coating makes for a meal that's extra special.

**30** Minutes to the Table

**15** Minutes Hands On

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Mixing Bowl  
2 Shallow Bowls  
or Pie Pans  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
1 Egg

### 5 MEEZ CONTAINERS

Chicken Breast  
Nut Crust  
Broccoli  
Dates & Walnuts  
Buttermilk Dressing

## Make The Meal Your Own

**The buttermilk broccoli salad** is just as delicious cold as it is at room temperature. If you want to chill it, mix everything together a day before you cook the chicken to let the flavors meld.

**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.

**Health snapshot per serving** – 720 Calories, 31g Fat, 68g Protein, 54g Carbs, 19 Smart Points

**Lightened up snapshot** – 500 Calories, 17g Fat and 11 Smart Points with  $\frac{1}{2}$  of the nut crust, buttermilk dressing, and dates and walnuts mix.

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

INGREDIENTS: Cage-Free Chicken, Broccoli, Dates, Walnuts, Buttermilk, Mayonnaise, Almonds, Panko Breadcrumbs, Pecorino Cheese, Cider Vinegar, Sugar

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### 1. Getting Organized

Preheat your oven to 400.

### 2. Prep the Chicken and Dredge

Generously season **Chicken Breast** with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

Whisk 1 egg with 2 Tbsp water in a shallow bowl or pie pan. In a second bowl or pie pan, pour out the **Nut Crust**.

### 3. Dredge and Bake the Chicken

Put each piece of chicken into the nut crust, then into the egg mixture and then return to the bowl with the nut crust. Press down to make sure the crust adheres to each chicken breast.

Carefully transfer the chicken to a baking sheet. Drizzle the top of each piece with olive oil (or, if you prefer, you can put ½ Tbsp of butter on each piece). Bake until the crust is brown and the chicken is fully cooked, about 15 to 20 minutes.

*Keep a baking sheet nearby, so you can quickly transfer the breaded chicken to it.*

*When you put the chicken into the nut crust the first time, much of it won't stick, but the flavors are getting in there.*

### 4. Make the Broccoli Salad

While the chicken is baking, open the **Buttermilk Dressing** and reserve 2 Tbsp for finishing the chicken. Combine the **Broccoli, Dates & Walnuts** and remaining buttermilk dressing in a mixing bowl. Season with salt and pepper to taste.

*We like the broccoli salad at room temp, but you can chill it if you prefer.*

### 5. Put It All Together

Serve the broccoli salad topped with the baked chicken. Drizzle the reserved buttermilk dressing over the top. *Love this recipe? #meezmagic*

Instructions for two servings.

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

# Kung Pao Edamame with Udon Noodles

We're hooked on Kung Pao sauce. The spicy sweet flavor just makes stir-fry come to life. We're cooking our version with edamame, carrots and red peppers, then serving it over udon noodles with some peanuts to finish it all off. It's a speedy meal perfect for any night of the week.

**15** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Saucepan

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 4 MEEZ CONTAINERS

Asian Vegetables  
Sesame Soy Sauce  
Udon Noodles  
Peanuts

## Make The Meal Your Own

**Cooking with a picky eater?** Start with just half of the sauce and add more to taste.

**Omnivore's Option** – Shrimp is great in this dish. Cook it along with the vegetables and sauce.

**Want a little extra kick?** Add a pinch of crushed red pepper to the final dish.

## Good To Know

**If you're making the gluten-free version**, we've given you rice noodles, instead. Cook until tender, about 5 minutes, drain and rinse under cold water.

**Health snapshot per serving** – 465 Calories, 18g Protein, 10g Fiber, 14 Smart Points

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

INGREDIENTS: Edamame, Udon Noodles, Carrots, Red Peppers, White Wine, Peanuts, Soy Sauce, Sambal, White Vinegar, Brown Sugar, Sesame Oil, Garlic

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### 1. **Getting Organized**

Bring a large pot of water to a boil.

### 2. **Cook the Udon Noodles**

Salt the boiling water and add the **Udon Noodles**. Cook until they are soft, about 5 to 7 minutes, then drain.

### 3. **Cook the Vegetables**

As soon as the noodles are cooking, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Asian Vegetables** and cook until the edamame is tender, about 5 to 7 minutes. Add the **Sesame Soy Sauce** and cook, stirring, until hot, about 2 to 3 minutes. Season with salt and pepper to taste.

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

Serve the udon noodles topped with veggies and sauce and finish with a sprinkling of **Peanuts**. Enjoy!

*Love this recipe? #meezmagic*

*A large pot of water gives the noodles lots of room to cook properly.*

Instructions for two servings.

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# Mexican Steak Taco Bowl

Everyone loves the vibrant fresh flavors of Mexico. We took marinated tender sirloin steak with a fresh tomato salsa and put it on hearty rice. Then we topped it with crunchy tortilla chips for a taste that has you ready for a sunny margarita or cerveza.

**20** *Minutes to the Table*

**10** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Saucepan  
Oven-Safe Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Rice  
Sirloin  
Mexican Seasoning  
Fresh Salsa  
Tortilla Chips

## Make The Meal Your Own

**Craving a salad instead?** Let the rice and beef cool, then toss with chopped, fresh romaine.

**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 steaks** 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** – 455 Calories, 38g Protein, 14g Fat, 45g Carbs, 12 Smart Points

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

INGREDIENTS: Sirloin, Rice, Tortilla Chips, Tomatoes, Corn, Black Beans, Queso Fresco, Lime Juice, Cilantro, Red Onion, Garlic, Spices

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### 1. Getting Organized

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

### 2. Cook the Rice

Add the **Rice** to the boiling water. Reduce heat to medium and simmer uncovered for 15 to 20 minutes. Drain and return to the saucepan. Cover and set aside.

### 3. Season the Steak

While the rice is cooking, pour the **Mexican Seasoning** into a bowl or a Ziploc bag add ½ tsp each salt and pepper. Pat the **Sirloin** dry with a towel and then toss in the seasoning to coat.

### 4. Cook the Steak

Heat 1 Tbsp oil in an oven-safe skillet over high heat. When the oil is very hot, add the steaks. Cook undisturbed until the seasoning starts to darken on the bottom, about 45 seconds. Flip the steaks and continue cooking until the other side has browned, another 45 seconds.

- **If you prefer your steak medium-rare**, transfer the skillet to the oven and cook 4 minutes. Remove to a plate and let rest for 5 minutes.
- **If you prefer your steak medium**, transfer the skillet to the oven and cook 5 to 6 minutes. Remove to a plate and let rest for 5 minutes.
- **If you prefer your steak medium-well or well done**, transfer the skillet to the oven and cook 7 to 8 minutes. Remove to a plate 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. Put It All Together

Mix 1 Tbsp of olive oil into the **Fresh** Salsa. Serve the rice topped with sliced steak and salsa. Crumble the **Tortilla Chips** on top and drizzle with any extra liquid from the salsa. Season with salt and pepper to taste.

*To test if the oil 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 \***

# Southern Sweet Corn and Cheddar Strata

Stratas are one of our favorites hands-free dinners – just layer your ingredients and the oven does all the work for you. We're making this Southern-style strata with local sourdough, corn, scallions and a cheddar and Parmesan cheese mix. The best part? The leftovers are perfect for brunch the next day. (Don't be scared off by the long cook time on this one. It's just 5 minutes of hands-on cooking and can be made in advance.)

**65** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Loaf Pan or 10x10  
Casserole Dish  
Mixing Bowl

### FROM YOUR PANTRY

Salt & Pepper  
Butter or  
Cooking Spray  
1 ½ cups Milk or  
Half & Half

### 4 MEEZ CONTAINERS

Sourdough Bread  
Corn & Scallions  
Cheddar & Parmesan  
Egg Mix

## Make The Meal Your Own

**This is a great make-ahead dinner.** Prepare the strata ahead of time, and reheat it for 10 minutes at 350 when you are ready to eat.

**Dedicated omnivores** can add cooked, crumbled bacon or sausage along with the corn.

**Looking for a brunch idea?** This is a delicious breakfast as well. Add some sausage to give it a breakfast feeling.

**Want to boost the veggies in this dish?** Cherry tomatoes, sliced zucchini and diced sweet potatoes are all delicious additions.

## Good To Know

**A note on pan size** – To keep the strata moist, Chef Max likes to make his in a narrow, deep pan, like a loaf pan. You can also build your strata in a shallower 10x10 casserole dish, but start checking it a bit earlier, as it may cook faster.

**Health snapshot per serving** – 470 Calories, 29g Protein, 6g Fiber, 15 Smart Points.

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

INGREDIENTS: Corn, Eggs, Sourdough Bread, White Cheddar Cheese, Green Onion, Parmesan Cheese, Mayonnaise

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### 1. Getting Organized

Preheat your oven to 350 degrees and grease your pan using butter or cooking spray.

### 2. Assemble the Strata

Put 1/3 of the **Sourdough Bread** on the bottom of the pan. Layer 1/3 of the **Corn & Scallions** on top of the bread and then layer with 1/3 of the **Cheddar & Parmesan**. Repeat these layers two more times – bread, corn, cheese – until you've used up your ingredients.

Open the **Egg Mix** and pour into a mixing bowl. Add 1 ½ cups milk or half & half. Season with two pinches of Kosher salt and up to ½ tsp of black pepper. Pour the egg mixture into the pan as evenly as possible.

### 3. Bake the Strata

Bake the strata until the eggs are set and it's brown on top, about 55 to 60 minutes. Slice and serve. Enjoy!

*You can adjust the black pepper amount based on your preferences. Chef Max likes the full ½ tsp, but if you're not a black pepper fan, go with just a pinch or two.*

*Love this recipe? #meezmagic*

Instructions for two servings.  
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# Caper Tilapia with Parsley and Potatoes

Sophisticated made easy. We're serving seared tilapia with a classic beurre blanc sauce this week. It sounds fancy, but this parsley caper butter sauce comes together in a flash. Served over roasted potatoes, it's a recipe the whole family will love.

**35** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Rimmed Baking Sheet  
Large Skillet

### FROM YOUR PANTRY

3 Tbsp Butter  
Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Fingerling Potatoes  
Tilapia  
White Wine  
Capers & Garlic  
Parsley

## Make The Meal Your Own

**To get your potatoes nice and crisp**, arrange them skin-side up on your baking sheet.

## Good To Know

**The parsley caper butter sauce** is Chef Max's take on the classic French beurre blanc. It sounds complicated, but it's simple to make and adds great flavor to the dish.

**Health snapshot per serving** – 475 Calories, 4g Fat, 47g Protein, 57g Carbs, 11 Smart Points

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

INGREDIENTS: Fingerling Potatoes, Tilapia, White Wine, Caper, Parsley, Garlic

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## 1. Getting Organized

Preheat your oven to 400 degrees.

## 2. Prep and Roast the Potatoes

Cut the **Fingerling Potatoes** in half lengthwise. Toss with 2 Tbsp of oil and season generously with salt and pepper. Arrange in a single layer on a baking sheet and roast until deep brown and crispy, about 30 minutes.

*For extra crispy potatoes, place them skin-side up.*

## 3. Cook the Tilapia

When the potatoes have been cooking for 15 minutes, dry the **Tilapia**. Season the tilapia with ¼ tsp each salt and pepper. Heat 2 Tbsp oil in a large skillet over medium-high heat. When the oil is hot, add the tilapia and cook until browning on the bottom and coloring up the sides, about 3 to 4 minutes. Flip and cook an additional 3 to 4 minutes. Remove to a plate and let rest. Pour out any excess oil from the skillet.

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

*Pour out extra oil, but leave behind any browned bits on the bottom of the skillet - they add great flavor to your sauce.*

## 4. Make the Sauce

Cut 3 Tbsp cold butter in small chunks. Add the **White Wine** to the now-empty skillet, return skillet to stove and cook over medium high heat. Continue to stir, scraping up any browned bits from the bottom of the pan. Cook the wine until about 1/3 of it has reduced, about 3 to 6 minutes. Add the **Capers & Garlic** and cook 1 minute. Turn off the heat and stir in butter and **Parsley**.

## 5. Put It All Together

Top the crispy potatoes with the fish and drizzle the white wine butter sauce over the top to serve.

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Fontina Baked Chicken

A classic Italian recipe and guaranteed crowd pleaser. With melted Fontina, crispy breadcrumbs and balsamic-glazed greens, all drizzled with an Italian cream sauce, it's a restaurant-worthy meal on the table in just 30 minutes.

**30** Minutes to the Table

**15** Minutes Hands On

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Large Oven-Safe Skillet  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Chicken Breast  
Roasted Red Peppers  
Fontina & Breadcrumbs  
Cream Sauce  
Spinach & Kale  
Balsamic Glaze

## Make The Meal Your Own

**Have leftovers?** These flavors are delicious with pasta. Just cook up your favorite and toss with the leftovers.

**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

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

**Health snapshot per serving** – 535 Calories, 17g Fat, 66g Protein, 31g Carbs, 15 Smart Points

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

INGREDIENTS: Cage-Free Chicken, Roasted Red Pepper, Spinach, Fontina Cheese, Half & Half, White Wine, Kale, Panko Breadcrumbs, Balsamic Vinegar, Italian Breadcrumbs, Brown Sugar, Garlic, Herbs

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### 1. Getting Organized

Preheat your oven to 400.

### 2. Prep and Cook the Chicken

Generously season the **Chicken Breast** with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

Heat 1 tsp oil in a large oven-safe skillet over high heat. When the oil is hot, add the chicken breasts to the pan. Cook, without moving or flipping, until the bottom is browned and each piece begins to color up the side, about 3 minutes. Flip and continue cooking until the other side is well browned, about 3 more minutes. Turn off the heat.

*The chicken will not be fully cooked at this point, but it will continue cooking in the oven.*

### 3. Bake the Chicken

Lay the **Roasted Red Peppers** evenly on top of the chicken breasts. Top with **Fontina & Breadcrumbs**, pressing down to cover the peppers and the entire chicken breast.

Pour the **Cream Sauce** into the bottom of the pan and return pan to medium-high heat. As soon as the sauce begins to boil, turn off the heat and place the skillet into the oven. Bake until the breadcrumbs are golden brown and the sauce has thickened, about 12 to 15 minutes.

*The sauce will be very thick. We like it that way, but if you prefer a thinner sauce, add 1-2 Tbsp of water to the pan after it's been in the oven 5 minutes.*

### 4. Sauté the Greens

Heat 1 tsp oil in a large skillet over high heat. Add the **Spinach & Kale** and cook until lightly wilted, but still bright green, about 2 minutes. Stir in **Balsamic Glaze**, coating the greens, until thickened. Drain any excess liquid from the pan.

Serve the glazed greens alongside the baked chicken.

*If you're cooking your greens in batches, use 1 tsp of oil per batch.*

*Love this recipe? #meezmagic*

Instructions for two servings.

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



# Cilantro-Lime Rice with Avocado & Toasted Chickpeas

One of our favorite rice bowls. We're making cilantro-lime rice with plenty of avocado for a mellow dinner inspired by the flavors of Mexico's Yucatan Peninsula. (Think Caribbean blue water, sandy beaches and fresh margaritas.) Toasted chickpeas and sautéed kale round out this delicious dinner just right any night of the week.

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Saucepan  
Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Rice  
Avocado  
Lime  
Kale  
Seasoned Chickpeas  
Cilantro-Lime Crema

## Make The Meal Your Own

**Omnivore's Option** – Pulled chicken breast is delicious in this recipe. Roast it with the chickpeas and kale.

**Cooking with a picky eater?** This dish is a crowd pleaser. If your picky eater doesn't love kale, try serving it with sweet potatoes or sautéed peppers.

## Good To Know

**If you're making the vegan version**, we've left the sour cream out of your crema. A little veganaise or soy yogurt would add nice creaminess, or just add an extra drizzle of olive oil.

**Health snapshot per serving** – 540 Calories, 27g Fat, 13g Protein, 18 Smart Points

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

INGREDIENTS: Chickpeas, Kale, Avocado, Lime, Rice, Sour Cream, Onion, Cilantro, Garlic, Spices

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## 1. Getting Organized

Put a saucepan of water on to boil.

## 2. Make the Rice

Add the **Rice** to the boiling water with a pinch of salt. Simmer on medium-low heat until tender, about 15 to 20 minutes. Drain and set aside.

Cut the **Avocado** in half. Mash half in a bowl, then add to the rice and mix in. Slice the other half and save as a topper for the final dish.

## 3. Toast the Chickpeas and Sauté the Kale

While the rice is cooking, heat 2 Tbsp of olive oil in a large skillet over medium-high heat. Add the **Seasoned Chickpeas** and cook until crispy and browned, about 10 minutes.

Add the **Kale** and cook until it turns bright green, about 3 to 5 minutes.

## 4. Put It All Together

Serve the chickpeas and kale over the rice, and top with the sliced avocado. Cut the **Lime** into wedges and have everyone squeeze over their own plates. Top with **Cilantro-Lime Crema** to taste. Enjoy!

*Love this recipe? \*meezmagic*

*We cook our rice like pasta because it's quick, easy and doesn't require an exact amount of water.*

*We like our kale firm. If you prefer yours soft, cook it for a few extra minutes.*

Instructions for two servings.

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

# Mediterranean Grilled Cheese

<b>10</b>	<i>Minutes to the Table</i>
<b>5</b>	<i>Minutes Hands On</i>
<b>1 Whisk</b>	<i>Super Easy</i>

## Getting Organized

### EQUIPMENT

Non-Stick Skillet

### FROM YOUR PANTRY

2 Tbsp Butter or  
Vegetable Oil

### 3 MEEZ CONTAINERS

Sourdough Bread  
Mozzarella &  
Tomatoes  
Artichoke Pesto

## Good to Know

### Health Snapshot per serving

590 Calories, 35g Fat, 39g Carbs, 32g Protein  
20 Smart Points

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

INGREDIENTS: Whole Wheat Sourdough Bread, Mozzarella, Artichoke Hearts, Parmesan,  
Olive Oil, Sundried Tomato, Lemon Juice, Parsley, Spices

meezmeals

## 1. Getting Organized

Heat 1 Tbsp of butter or oil in a non-stick skillet over medium heat.

## 2. Make the Sandwich

Spread the **Artichoke Pesto** on both slices of **Sourdough Bread**.

Place one piece of bread in the pan (pesto-side up) and top with the **Mozzarella & Tomatoes**, keeping them toward the middle of the bread. Top with the second slice of bread (pesto-side down) and press down gently.

Allow the bread to cook until brown, about 1 to 2 minutes, and then hold the top of the bread and flip. (We do this so nothing falls out of the sandwich). Cook an additional 3 to 4 minutes until the second side is brown. Turn off the heat, cover and let sit for 1 minute. Remove to a plate and serve. Enjoy!

*Love this recipe? #meezmagic*

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

# Buddha Salad Bowl

5 Minutes to the Table

5 Minutes Hands On

## Getting Organized

### EQUIPMENT

Mixing Bowl

### FROM YOUR PANTRY

Salt & Pepper

### 5 MEEZ CONTAINERS

Bamboo Shoots

Baked Tofu

Cooked Brown Rice

Cabbage & Carrots

Soy-Ginger Aioli

## Put It All Together

Toss the **Bamboo Shoots, Baked Tofu, Cooked Brown Rice** and **Cabbage & Carrots** together in a mixing bowl with half of the **Soy-Ginger Aioli**. Mix well, season with salt and pepper and add more aioli to taste.

## Good to Know

### Health Snapshot per 1 serving

425 Calories, 16g Fat, 31g Carbs, 29g Protein  
12 Smart Points

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

INGREDIENTS: Cabbage, Tofu, Bamboo Shoots, Brown Rice, Carrots, Mayonnaise, Green Onions, Tamari, Brown Sugar, Rice Wine Vinegar, Ginger, Sesame Seeds

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

# Balsamic-Glazed Brussels Sprouts

**30** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Baking Sheet

### FROM YOUR PANTRY

Salt & Pepper  
Vegetable Oil

### 4 MEEZ CONTAINERS

Brussels Sprouts  
Balsamic  
Vinaigrette  
Almonds  
Parmesan Cheese

## Make This Meal Your Own

**If you want to add a salty layer**, pancetta would be great in this.

**Want to get a jump on dinner?** Make this recipe a day in advance and serve cold.

## Good to Know

**If you're making the vegan version**, we've left out the cheese. Try sprinkling a second salted nut to add a great contrast.

### **Health Snapshot per serving (serves 2 to 3)**

280 Calories, 15g Fat, 26g Carbs, 14g Protein,  
9 Smart Points

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

INGREDIENTS: Brussels Sprouts, Parmesan Cheese, Almonds, White Balsamic Vinegar,  
White Wine, Brown Sugar, Herbs

meezmeals

### 1. **Getting Started**

Preheat your oven to 450.

### 2. **Roast the Brussels Sprouts**

Put the **Brussels Sprouts** on a rimmed baking sheet. Drizzle with olive oil, season with salt and pepper, and give it all a good toss. Arrange in a single layer and bake until golden brown in places, 15 to 25 minutes.

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

Top the Brussels sprouts with **Balsamic Vinaigrette** and **Almonds** and mix. Sprinkle the **Parmesan Cheese** on top and bake until the cheese is lightly browned, about 5 more minutes. Serve and enjoy!

*Love this recipe? #meezmagic*

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## Health Snapshot

### Loaded Quesadilla

605 Calories  
26g Protein  
27g Fat  
73g Carbs  
10g Fiber  
691mg Sodium

21 Smart Points

204% Vitamin A  
110% Vitamin C  
49% Folate

### Nut-Crusted Chicken

720 Calories  
68g Protein  
31g Fat  
53g Carbs.  
11g Fiber  
200mg Sod.

19 Smart Points

222% Vit- C  
22% Vit. B-6  
44% Vitamin A

### Kung Pao Edamame

465 Calories  
18g Protein  
21g Fat  
49g Carbs.  
9g Fiber  
469 mg Sod.

14 Smart Points

170% Vit. A  
184% Vit. C  
4% Calcium

### Mexican Steak Taco Bowl

455 Calories  
38g Protein  
14g Fat  
45g Carbs.  
6g Fiber  
173mg Sod.

12 Smart Points

33% Vitamin C  
28% Iron  
46% Vitamin A

### Cheddar Strata

470 Calories  
29g Protein  
9g Saturated Fat  
12g Sugars  
6g Fiber  
707 mg Sodium

15 Smart Points

30% Vitamin A  
42% Calcium  
20% Vitamin B-6

### Lighten Up Option

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

#### Quesadilla

No Changes

#### Chicken

Half dressing,  
date mix and nut  
crust  
500 Calories  
17g Fat  
11 Smart Points

#### Kung Pao

No Changes

#### Taco Bowl

No Changes

#### Cheddar Strata

No changes



## Health Snapshot

<b>Caper Tilapia with Parsley</b>	<b>Fontina Chicken</b>	<b>Cilantro Lime Rice</b>	<b>Grilled Cheese</b>	<b>Buddha Salad Bowl</b>	<b>Brussels Sprouts</b>
475 Calories	535 Calories	540 Calories	590 Calories	425 Calories	280 Calories
47g Protein	66g Protein	13g Protein	32g Protein	29g Protein	14 g Protein
4g Fat	17g Fat	27g Fat	35g Fat	16g Fat	15 g Fat
57g Carbs.	31g Carbs.	68g Carbs.	38g Carbs.	31g Carbs.	26 g Carbs.
4g Fiber	4g Fiber	15g Fiber	6g Fiber	12g Fiber	11 g Fiber
1044mg Sodium	444 mg Sod.	394 mg Sodium	1396 mg Sod.	403mg Sodium	315 mg Sodium
11 Smart Points	15 Smart Points	18 Smart Points	20 Smart Points	12 Smart Points	9 Smart Points
113% Vitamin C	244% Vit. A	256% Vitamin A	62% Calcium	195% Vitamin A	32% Vitamin A
19% Iron	231% Vitamin C	106% Vitamin C	17% Vitamin C	106% Vitamin C	278% Vitamin C
22% Vitamin B-6	30% Calcium	21% Calcium	5% Folate	15% Folate	32% Folate

### Lighten Up Option

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

<b>Caper Tilapia</b>	<b>Pasta</b>	<b>Cilantro Rice</b>	<b>Grilled Cheese</b>	<b>Buddha Salad</b>	<b>Brussels Sprouts</b>
No changes	No changes	No changes	No changes	No changes	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.*