

## Quick Tips

### *Kung Pao Steak Tacos*

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<b>15 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** No pre-work needed.

**Leftovers Tip** Serve beef and slaw over rice or noodles.

### *Udon Noodle Salad with Sriracha Roasted Chickpeas*

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<b>30 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 450 and put a saucepan of water on to boil.

**Picky Eater Tip** Keep the ingredients separate and let everyone create their own bowl.

### *Squash with Slow Roasted Tomatoes and Goat Cheese*

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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** Put a saucepan on to boil and preheat oven to 400.

**Omnivore Option** Chicken thighs are great with this.

### *Chicken Pizzolo*

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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 450.

**Meal Cooking Tip:** Add your favorite pizza toppings to make this meal your own.

### *Salmon Al Sugo Bianco*

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<b>35 Min</b> to Table	<b>25 Min</b> Hands On	<b>2 Whisks</b> Easy
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**Getting Started** Put a saucepan of water on to boil.

**Picky Eater Tip** Skip the mushrooms for their portion.

**From Your Pantry** You'll need 1/4 cup flour and 3/4 cup milk per serving.



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### *Smoky Tomato Salsa Chicken*

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<b>30 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 400.

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

### *Pasta with Spinach Pesto*

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<b>35 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> Easy
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**Getting Started** Preheat oven to 450 & put a pot on to boil.

**Omnivore Option** Pancetta or bacon is delicious in this.

### *Vegetable Pot Pie*

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<b>45 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 400.

**Omnivore Option** Roasted chicken is a traditional addition.

**From Your Pantry** You'll need  $\frac{1}{4}$  tbsp of flour per serving.

### *Roasted Squash Personal Pizza*

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<b>30 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 425 & take the dough out of the fridge.

**Omnivore Option** Sliced salami or pepperoni are great additions.

**From Your Pantry** You'll need just a sprinkle of flour.

### *Shaved Brussels Sprouts Salad*

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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** Toss and Serve!

### *Lemon-Chai Roasted Carrots*

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<b>20 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..

# Kung Pao Steak Tacos

Can't decide between Chinese or Mexican? You won't have to choose with our kung pao sauce drizzled sirloin strips, wrapped in warm tortillas and topped with basil cilantro sesame crunch. Who says you can't have everything?

**15** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

- Large Skillet
- Small Skillet (optional)

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 5 MEEZ CONTAINERS

- Steak
- Kung Pao Sauce
- Broccoli Slaw
- Tortillas
- Herbs & Sesame
- Seeds

## Make The Meal Your Own

**Leftovers tip** – This makes a great leftover lunch. Serve the steak and slaw over your favorite rice or noodle.

**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** – 655 Calories, 28g Fat, 40g Protein, 63g Carbs, 20 Smart Points

**Lightened up snapshot** – 495 Calories, 23g Fat, 14 Smart Points when you use ½ the tortillas and ½ the kung pao sauce.

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

INGREDIENTS: Broccoli Slaw, Steak, Corn Tortillas, White Wine, Soy Sauce, Sesame Seeds, Sambal, White Vinegar, Brown Sugar, Sesame Oil, Carrots, Basil, Cilantro, Garlic, Cornstarch

meez meals

## 1. Cook the Steak

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

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

While the steaks are resting, return the skillet to the stove over medium heat. Add the **Kung Pao Sauce** and cook just until heated through, about 2 to 3 minutes. Remove from the heat and stir in **Broccoli Slaw**.

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). Toss the strips with the sauce and broccoli slaw.

## 2. Heat the Tortillas

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

## 3. Put It All Together

Serve the tortillas filled with sliced steak and slaw and top with **Herbs & Sesame Seeds** to taste. Enjoy! *Love this recipe? #meezmagic*

*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**

# Squash with Slow-Roasted Tomatoes and Goat Cheese

We're always looking forward to warm, rustic meals that are comforting, but still a breeze to make. And this one certainly fits the bill. We're roasting butternut squash, fresh grape tomatoes and goat cheese all together, then tossing them with nutty farro and a delectable balsamic cream sauce. The result? A delicious dinner where the oven does all the work.

**35** *Minutes to the Table*

**10** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Saucepan  
Baking Sheet  
Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Farro  
Butternut Squash  
Grape Tomatoes  
Goat Cheese  
Balsamic Cream

## Make The Meal Your Own

**This is a great make-ahead dinner.** Cook the farro and squash ahead of time. When it's time for dinner, roast the tomatoes and add the goat cheese. You'll be eating in 10 minutes.

**Kids and picky eaters tip** – Let them add the balsamic cream themselves.

**Omnivore's Option** – Slice a few chicken thighs, drizzle them with olive oil, season with salt and pepper and roast them on the pan with the butternut squash.

## Good To Know

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

**If you're cooking with the mellow cheese**, we've given you cream cheese instead.

**Health snapshot per serving** – 540 Calories, 8g Protein, 6g Fiber, 22 Smart Points

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

INGREDIENTS: Butternut Squash, Farro, Heavy Cream, Goat Cheese, Balsamic Vinegar, Grape Tomatoes, Brown Sugar, Vegetable Base, Garlic, Herbs

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## 1. Getting Organized

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

## 2. Cook the Farro

Salt the boiling water and add the **Farro**. Cook until al dente, about 25 to 30 minutes. Drain and transfer to a mixing bowl. Keep the empty saucepan nearby.

*We love farro when it's puffed up, but still firm in the center.*

## 3. Roast the Squash

Mix the **Butternut Squash** with 2 Tbsp olive oil and spread evenly on a baking sheet. Roast until lightly caramelized, about 15 minutes. Add the **Grape Tomatoes** to your baking sheet, mix and cook until the tomatoes start to burst, about 5 minutes. Add the **Goat Cheese** and bake for 3 more minutes.

*The balsamic cream will thicken slightly while it cooks, but it's meant to be pourable. Don't expect a gray-like consistency.*

While the tomatoes are roasting, put your now-empty saucepan back on the stove and pour in the **Balsamic Cream**. Heat on medium until the mixture boils and then reduce to a simmer and cook for 5 minutes.

## 4. Put It All Together

Pour half of the balsamic cream over the roasted squash, tomatoes and goat cheese and then mix everything together with the farro. Serve with additional balsamic cream and season with salt and pepper to taste. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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# Chicken Pizzolo

Think chicken, cooked up like a pizza. With a rich tomato sauce and lots of melted mozzarella cheese cooked up over all natural, cage-free chicken, then served on a bed of sautéed Italian greens, it's a recipe the whole family will love. (Did we mention it's just 10 minutes hands on?)

**25** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Oven-Safe Skillet  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Chicken Breast  
Tomato Sauce  
Mozzarella &  
Parmesan  
Garlic & Herbs  
Spinach & Kale

## Make The Meal Your Own

**Have a favorite pizza?** Re-create the taste by laying your favorite toppings – we like pepperoni or sliced mushrooms – on top of the chicken before adding the cheese.

**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

**Chef Max recommends seasoning** the chicken when it comes out of the oven to ensure the dish is balanced and seasoned to your tastes.

**Health snapshot per serving** – 580 Calories, 27g Fat, 58g Protein, 22 Carbs, 16 Smart Points

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

INGREDIENTS: Cage-Free Chicken, Tomatoes, Spinach, Kale, Mozzarella, Parmesan, White Wine, Red Onion, Garlic, Olive Oil, Basil, Miso, Herbs & Spices

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### 1. Getting Organized

Preheat your oven to 450.

### 2. Cook the Sauce

Heat a large, dry oven-safe skillet over medium-high heat. Add the **Tomato Sauce** and ½ cup water. Bring the sauce to a boil, reduce heat and simmer until most of the water evaporates, about 3 minutes. Turn off the heat.

### 3. Bake the Chicken

Place the **Chicken Breasts** in the pan on top of the sauce. Top each piece of chicken with **Mozzarella & Parmesan**, pressing down gently to help the cheese adhere to the top of the chicken.

Place the skillet into the oven and bake until the cheese is melted and the chicken is fully cooked, about 12 to 15 minutes.

*If you have a thermometer, use it to check if the chicken is done. You're looking for 165 degrees or above.*

### 4. Sauté the Greens

While the chicken is cooking, heat 1 Tbsp oil in a large skillet over high heat. Add the **Garlic & Herbs** and cook, stirring constantly, until fragrant, about 30 seconds. Add the **Spinach & Kale** and cook until lightly wilted, but still bright green, about 2 minutes.

Serve the sautéed greens alongside the baked chicken. Season with salt and pepper to taste.

*Love this recipe? #meezmagic*

Instructions for two servings.

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



## Udon Noodle Salad with Sriracha Roasted Brussels Sprouts

Asian flavors bring out the best in Brussels sprouts. Especially when you roast them with our sweet and spicy sriracha sauce, which gives them a magical flavor we just can't resist. Paired with organic tofu, udon noodles and roasted peanuts, it's just as delicious hot as it is cold.

**30** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

### Getting Organized

#### EQUIPMENT

- Saucepan
- Rimmed Baking Sheet
- Large Mixing Bowl

#### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

#### 6 MEEZ CONTAINERS

- Brussels Sprouts
- Tofu
- Udon Noodles
- Soy Lime Sauce
- Sriracha
- Peanuts

### Make The Meal Your Own

**We love to eat this as a cold noodle salad**, but if you want to eat right away, it's just as delicious served hot.

**Cooking with a picky eater?** Keep the ingredients separate and let everyone create their own bowl.

### Good To Know

**If you're making the gluten-free version**, we've sent you rice noodles instead. Cook until tender, about 7 minutes, then drain and rinse under cold water.

**Health snapshot per serving** – 565 Calories, 19g Fat, 39g Protein, 65g Carbs, 15 Smart Points

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

INGREDIENTS: Brussels Sprouts, Tofu, Udon Noodles, Lime, Gluten-Free Soy Sauce, Brown Sugar, Sriracha, Peanuts

*meez* meals

## 1. Getting Organized

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

## 1. Roast the Brussels Sprouts & Bake the Tofu

Put the **Brussels Sprouts** on a rimmed baking sheet. Drizzle with olive oil, then arrange in a single layer. Bake for 15 minutes and then add the **Tofu** to the baking sheet. Cook until the Brussels sprouts are brown in places, about 10 additional minutes.

*The crispiness level is up to you. Jen likes her sprouts on the crispy side, while Chef Max prefers them a little soft.*

## 2. Cook the Udon

While the Brussels and tofu are cooking, add the **Udon Noodles** to the boiling water and cook until just soft, about 7 to 10 minutes. Drain.

## 3. Put It All Together

Put the **Soy Lime Sauce** into a large mixing bowl with 1 to 2 Tbsp olive oil. Stir to combine and then add **Sriracha** to taste. Toss with the sprouts and tofu when they come out of the oven.

*If you don't like a lot of heat, start with just a touch of Sriracha.*

Chill the udon noodle salad until ready to eat. Season with salt and pepper to taste and serve topped with **Peanuts**. Enjoy!

*If you want to eat right away, this dish is also delicious served hot.*

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Salmon Al Sugo Bianco

Classic Italian made easy. We're serving responsibly fished salmon in a delectable cream and white wine sauce. With some sautéed mushrooms and whole wheat linguine, it's an elegant – and surprisingly light – meal that's on the table in a flash.

**35** Minutes to the Table

**25** Minutes Hands On

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Saucepan  
Large Skillet  
Shallow Pie Pan or Plate  
Medium Skillet

### FROM YOUR PANTRY

½ Cup Flour  
1 ½ Cup Whole Milk or  
Half & Half  
Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Mushrooms  
Linguine  
Onions & Garlic  
Wine Stock  
Salmon

## Make The Meal Your Own

**To get a flavorful sauce**, we recommend using whole milk. It's even better with half and half or heavy cream if you really want to indulge!

**Picky eater tip** – Leave the mushrooms out of their portion.

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

## Good To Know

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

**Health snapshot per serving** – 590 Calories, 13g Fat, 35g Protein, 56g Carbs, 17 Smart Points

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

INGREDIENTS: Salmon, Button Mushrooms, Whole Wheat Linguine, White Wine, Cremini Mushrooms, Red Onion, Apple Juice, Green Onion, Concentrated Vegetable Stock, Garlic, Herbs and Spices

*meez* meals

## 1. Getting Organized

Put a saucepan of water on to boil.

## 2. Cook the Mushrooms

Heat 1 Tbsp of oil in a large skillet over high heat. Add the **Mushrooms** and cook until browned, 8 to 10 minutes. Remove to a bowl.

## 3. Cook the Pasta

Add the **Linguine** to the boiling water and cook until al dente, 7 to 9 minutes. Drain and set aside.

## 4. Make the Sauce

Return the now-empty mushroom skillet to the stove and heat 1 Tbsp oil over high heat. Add the **Onions & Garlic** and cook until brown, about 5 to 7 minutes. Add 1 ½ Tbsp flour to the pan and cook, stirring constantly, until it coats the onions and starts to brown, about 1 minute. Add the **Wine Stock** and bring the mixture to a boil. Reduce to a simmer and cook until the sauce is reduced by half, about 5 minutes. Add 1 ½ cup milk and cook until thick enough to coat the back of a spoon, about 6 to 8 minutes. Season with salt and pepper to taste.

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

## 5. Dredge and Cook the Salmon

While the sauce is cooking, put your remaining flour (about ½ cup) into a shallow pie pan or plate and add a generous pinch of salt and pepper, then mix. Coat both sides of the **Salmon** with the flour, making sure the entire filet is covered. Repeat with remaining salmon filets.

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

Heat 2 Tbsp of oil in a medium skillet on high heat. Add the salmon and cook 4 minutes. Flip and cook an additional 2 minutes. Turn off the heat, cover and let sit for 5 minutes.

*If you want to make sure the salmon is fully cooked, use a thermometer. You want the internal temp. to be at least 140 degrees.*

## 6. Put It All Together

Serve the linguine topped with salmon, mushrooms and cream sauce. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Smoky Tomato Salsa Chicken

Fresh Mexican at its best. We have created a truly unique, rich, chipotle, tomato and bean salsa and combined it with our juicy, all-natural chicken breast, toasted cornbread and topped it all with a lime cilantro crema. Full of the traditional Mexican flavors the whole family will love, reimagined as a hearty entree. Yum!

**30** Minutes to the Table

**20** Minutes Hands On

**1 Whisks** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Sheet Pan

### FROM YOUR PANTRY

Vegetable Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Chicken Breasts  
Cornbread  
Spiced Onions and  
Garlic  
Smoky Tomato Salsa  
Cilantro Lime Crema

## Make The Meal Your Own

**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** – 630 Calories, 20g Fat, 55g Protein, 60g Carbs, 16 Smart Points

**Lightened up snapshot** – 500 Calories, 16g Fat and 13 Smart Points with half the cornbread and  $\frac{3}{4}$  of the smoky tomato salsa.

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

INGREDIENTS: Cage-Free Chicken, Tomatoes, Cornbread, Yellow Onion, Black Beans, Sour Cream, Onion, Lime Juice, Cilantro, Chipotle Peppers, Garlic, Herbs and Spices

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## 1. Getting Organized

Preheat your oven to 400.

## 2. Prep the Chicken

Generously sprinkle the **Chicken Breasts** 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 skillet over high heat. When the oil is hot, add the chicken to the pan. Cook, without moving or flipping, until the bottom is browned and each piece begins to color up the side, about 4 minutes. Flip and continue cooking until the other side is well browned, about 3 more minutes. Turn off the heat and place chicken on serving platter to rest.

## 3. Make the Smoky Tomato Salsa

Heat 2 Tbsp oil in a skillet over high heat. Add the **Spiced Onions & Garlic** and cook, stirring occasionally, until starting to brown, about 4-5 minutes. Add the **Smoky Tomato Salsa**, bring the mixture to a boil, reduce, simmer and cook for 4-5 minutes.

## 4. Corn Bread Crumbles

While the Smoky Tomato Salsa is cooking, cut the cornbread into approximately 1" squares, and place on a baking sheet. Toast in a conventional oven or toaster over until golden brown and warm, about 4-5 minutes.

*Don't worry if some of the corn bread falls apart - the crumbles taste delicious toasted as well.*

## 5. Put It All Together

Place cooked chicken on platter, top with the smoky tomato salsa, then top with toasted cornbread. Drizzle with the **Lime Crema** and enjoy.

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Pasta with Spinach Pesto

Haven't had spinach pesto before? Neither had we, but once we tried it we were hooked. It gives a layer of flavor to the classic basil pesto that we love, to say nothing of the extra vitamin boost. We're making our version with plenty of lemon to keep things bright and mixing it up with roasted cauliflower bits, toasted pecans and whole wheat pasta. Yum!

**35** *Minutes to the Table*

**5** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Saucepan  
Rimmed Baking  
Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Cauliflower  
Whole Grain Pasta  
Spinach Pesto  
Pecans  
Parmesan Cheese

## Make The Meal Your Own

**Cooking with a picky eater?** This dinner is a crowd pleaser. If you want to sneak the cauliflower in, though, you could puree it instead of leaving it whole.

**Omnivore's Option** – Pancetta or bacon is delicious with this dinner.

**Want to get a jump on dinner?** Roast the cauliflower ahead of time. When you're ready to eat, reheat it in the microwave until warm.

## 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 Parmesan out of your meal. Just use an extra pinch of salt and pepper as you cook.

**Health snapshot per serving** – 620 Calories, 23g Protein, 12g Fiber, 19 Smart Points

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

INGREDIENTS: Cauliflower, Whole Grain Pasta, Spinach, Pecans, Parmesan Cheese, Olive Oil, Lemon, Basil, Garlic, Spices

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## 1. Getting Organized

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

## 2. Roast the Cauliflower

Put the **Cauliflower** on to a rimmed baking sheet, drizzle with olive oil and sprinkle with salt and pepper. Toss well and arrange in a single layer. Bake until the cauliflower is golden brown in places, about 15 to 25 minutes; stir once or twice while it's cooking.

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

## 3. Cook the Pasta

While the cauliflower is roasting, salt the pasta water generously, add the **Whole Grain Pasta** and cook until al dente, 7 to 9 minutes. Reserve 1 cup of pasta water. Drain the pasta and then return to the pan.

*When we say "salt generously," we mean it. Chef Max says it should taste like salt water.*

## 4. Put It All Together

Add the **Spinach Pesto** along with 1 to 2 Tbsp of olive oil to the cooked pasta. Mix well, then add some of the reserved pasta water if you'd like the sauce looser.

*Don't skip the olive oil! It brings out the flavors of the pasta.*

Mix in the roasted cauliflower, **Pecans** and salt and pepper to taste. Top with **Parmesan Cheese**.

*Love this recipe? #meezmagic*

Instructions for two servings.

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



# Vegetable Pot Pie

We love a classic pot pie. Start with a warm, creamy filling dotted with fresh vegetables and top it with a buttery, flaky pie crust, and you've got magic. This week's recipe is a delicious medley of sweet potatoes, green edamame, sweet corn and earthy mushrooms. Yum!

**45** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Skillet  
Casserole Dish or  
Loaf Pan

### FROM YOUR PANTRY

Olive Oil or Butter  
1 ½ Tbsp of Flour  
Salt & Pepper

### 6 MEEZ CONTAINERS

Onions & Garlic  
Sweet Potatoes  
Cream Sauce  
Mushrooms  
Edamame & Corn  
Pie Crust

## Make The Meal Your Own

**This is a great make-ahead dinner.** You can cook the filling up to a day ahead. When you're ready to eat, just top with the pie dough and bake.

**Picky eaters tip** – We love the earthiness of the mushrooms, but if you're eating with someone who doesn't love them, puree them in a food processor and add to the filling before you top with the crust and bake.

**Omnivore's Option** – Roasted chicken is a traditional addition. Stir sliced, cooked chicken in with the edamame and corn before the pot pie goes into the oven.

## Good To Know

**A note on pan sizes.** Chef Max prefers to bake his pot pie in a deep, narrow pan like a loaf pan, but he says a casserole dish or oven-safe saucepan will work well too.

**Health snapshot per serving** – 605 Calories, 14g Protein, 23g Fat, 81g Carbs, 21 Smart Points

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

INGREDIENTS: Sweet Potato, Mushrooms, Edamame, Onion, Corn, White Wine, Half and Half, Pie Crust, Garlic, Miso, Concentrated Vegetable Stock, Herbs and Spices

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### 1. Getting Organized

Preheat your oven to 400.

### 2. Make the Filling

Heat 2 Tbsp of oil or butter in a large skillet on high heat. Add the **Onions & Garlic** and cook until well browned, about 7 to 10 minutes. Add the **Sweet Potatoes** and cook for 4 minutes, stirring constantly. Add 1 ½ Tbsp of flour and cook for one minute while stirring and distributing the flour evenly around the pan.

*You'll want to use your biggest skillet or a large saucepan because all of the ingredients are cooked together.*

Add the **Cream Sauce** and stir, scraping the browned bits off the bottom of the pan, until thick, about two minutes. Add the **Mushrooms** and 1 ½ cup water and bring the mixture to a boil. Reduce heat and simmer for 5 to 7 minutes. Add the **Edamame & Corn** and mix well. Season with salt and pepper to taste.

### 3. Bake the Pot Pie

Transfer the filling to a casserole dish or loaf pan (see note on pan sizes) and top with the **Pie Crust**. Bake until crust is golden brown and flaky, about 20 to 25 minutes. Let cool slightly before serving. Enjoy!

*We provide a thinner pie crust for the flakiness without all the calories.*

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Roasted Squash Personal Pizza

**30** *Minutes to the Table*

**10** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Baking Sheet

### FROM YOUR PANTRY

Olive Oil

Flour

### 4 MEEZ CONTAINERS

Butternut Squash

WW Pizza Dough

White Bean

Alfredo

Mozzarella &

Parmesan

## Good to Know

**Take the pizza dough out** of the fridge 15 minutes before you're ready to start cooking.

**Omnivore's Option** - Sliced salami or pepperoni are great additions. Layer them on the pizza crust with the cooked squash.

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

725 Calories, 32g Fat, 66g Carbs, 45g Protein

24 Smart Points

**Lightened up snapshot (1/2 cheese, 1/2 bean alfredo)** 474 Calories, 17g Fat, 56g Carbs, 15 Smart Points

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

INGREDIENTS: Whole Wheat Pizza Dough, Butternut Squash, Great Northern-Beans, Mozzarella Cheese, Parmesan Cheese, Half and Half, Garlic, Herbs and Spices

meezmeals

### 1. Getting Organized

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

### 2. Roast the Squash

Toss the **Butternut Squash** with 1 Tbsp of oil and spread in a single layer on a baking sheet. Roast until lightly browned and tender, about 7 to 10 minutes, then move to the side of the pan so you have room to build the pizza.

### 3. Make the Pizza

While the squash is cooking, 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 ¼" thickness. Our pizzas are usually about 4" wide and 7" long, but you can make yours however you like it.

Transfer the dough to the baking sheet. Spread the **White Bean Alfredo** on the dough and then top with ¼ of the **Mozzarella & Parmesan** and the roasted squash. Top with the remaining cheese and bake until the crust is brown and the cheese is melted, about 15 minutes.

*Love this recipe? #meezmagic*

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

# Lemon Chai Roasted Carrots

**20** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Mixing Bowl  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 3 MEEZ CONTAINERS

Carrots  
Lemon Chai  
Dressing  
Pecans

## Make This Meal Your Own

**Want to put a twist on this recipe?** Make a puree by running the roasted carrots through a food processor and then top with the nuts.

**Save on oven space** – Cook this in advance and serve at room temperature.

## Good to Know

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

530 Calories, 25g Carbs, 5g Protein, 19 Smart Points

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

INGREDIENTS: Carrots, Pecans, Olive Oil, Lemon Juice, Green Onion, Brown Sugar, Garlic, Herbs and Spices

meezmeals

### 1. Getting Started

Preheat your oven to 400.

### 2. Roast the Carrots

Toss the **Carrots** with 2 Tbsp of olive oil and spread in a single layer on a baking sheet. Roast until lightly browned, about 12 to 15 minutes.

Drain the excess oil from the pan, add half of the **Lemon Chai Dressing** and the **Pecans** and return to the oven for an additional 5 minutes.

### 3. Put It All Together

Season with salt and pepper and more dressing to taste.

*Love this recipe? #meezmagic*

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

# Shaved Brussels Sprout Salad

5 Minutes to the Table

5 Minutes Hands On

## Getting Organized

### EQUIPMENT

Mixing Bowl

### FROM YOUR PANTRY

Salt & Pepper

### 4 MEEZ CONTAINERS

Brussels & Cauliflower

Chickpeas & Dates

Lemon & Feta

Vinaigrette

Tortilla Chips

## Put It All Together

Toss the **Brussels & Cauliflower** and **Chickpeas & Dates** in a mixing bowl with half of the **Lemon & Feta Vinaigrette**. Mix well, and then add more vinaigrette to taste. Crumble the **Tortilla Chips** on top to serve.

## Good to Know

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

540 Calories, 33g Fat, 52g Carbs, 19 Smart Points

### **Have Questions?**

We're standing by at 773.916.6339

INGREDIENTS: Brussels Sprouts, Cauliflower, Chickpeas, Tortilla Chips, Olive Oil, Dates, Feta, Lemon, White Wine Vinegar, Green Onions

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## Health Snapshot

### **Kung Pao Steak Tacos**

655 Calories  
40g Protein  
28g Fat  
63g Carbs.  
12 g Fiber  
335mg Sod.

20 Smart Points

157% Vit C  
61% Vit A  
25% Vit B12

### **Squash with Tomatoes**

540 Calories  
8g Protein  
36g Fat  
48g Carbs  
6g Fiber  
165mg Sodium

22 Smart Points

94% Vitamin C  
17% Vitamin B-6  
235% Vitamin A

### **Chicken Pizzolo**

580 Calories  
58 g Protein  
27 g Fat  
22 g Carbs.  
5 g Fiber  
1648 mg Sodium

16 Smart Points

57% Vitamin C  
196% Vitamin A  
17% Vitamin B-6

### **Udon Noodles**

565 Calories  
39g Protein  
19g Fat  
65g Carbs.  
14g Fiber

15 Smart Points

30% Vitamin A  
37% Folate  
295% Vitamin C

### **Salmon Al Sugo Bianco**

590 Calories  
35g Protein  
13g Fat  
56 Carbs.  
7g Fiber

17 Smart Points

1% Vitamin B12  
12% Vitamin B6  
5% Calcium

### *Lighten Up Option*

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

#### **Tacos**

*½ tortillas, ½ kung pao sauce*

495 Calories  
23g Fat  
14 Smart Points

#### **Squash**

*No changes*

#### **Pizzolo**

*No Changes*

#### **Udon Noodles**

*No Changes*

#### **Salmon**

*No changes  
5% Calcium*



## Health Snapshot

<b>Tomato Salsa Chicken</b>	<b>Pasta with Spinach Pesto</b>	<b>Vegetable Pot Pie</b>	<b>Roasted Squash Pizza</b>	<b>Brussels Salad</b>	<b>Lemon-Chai Carrots</b>
630 Calories	620 Calories	605 Calories	725 Calories	540 Calories	530 Calories
55g Protein	23 g Protein	14g Protein	45g Protein	16g Protein	5g Protein
19g Fat	40 g Fat	23g Fat	32g Fat	33g Fat	49g Fat
60g Carbs.	51 g Carbs.	81g Carbs	66g Carb.	52g Carbs.	25g Carbs.
6g Fiber	12 g Fiber	10g Fiber	15g Fiber	12g Fiber	9g Fiber
1150 mg Sod.	554 mg Sod.	690mg Sodium	1753 mg Sod.	586mg Sod.	137 mg Sod.
16 Smart Points	19 Smart Points	21 Smart Points Points	24 Smart Points	19 Smart Points	19 Smart Points
13% Vit. B-6	160% Vitamin C	455% Vitamin A	223% Vitamin A	204% Vitamin C	474% Vitamin A
33% Folate	44% Folate	60% Vitamin C	10% Calcium	45% Vitamin B6	80% Manganese
9% Vitamin C	74% Vitamin A	31% Vitamin B6	51% Vitamin C	20% Calcium	35% Vitamin C

### Lighten Up Option

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

<b>Salsa Chicken</b>	<b>Pasta</b>	<b>Pot Pie</b>	<b>Pizza</b>	<b>Brussels</b>	<b>Roasted Carrots</b>
Half the cornbread and ¾ of salsa	No changes	No changes	1/2 cheese, ½ alfredo	No changes	No changes
500 Calories			474 Calories		
16g Fat			17g Fat		
13 Smart Points			15 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.