

Quick Tips

Loaded Mozzarella and Balsamic Glazed Tomato Quesadilla

25 Min to Table	25 Min Hands On	2 Whisks Easy
---------------------------	---------------------------	-------------------------

Getting Started No pre-work needed.

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

Buttermilk Salad with Nut-Crusted Chicken

30 Min to Table	15 Min Hands On	2 Whisks Easy
---------------------------	---------------------------	-------------------------

Getting Started Preheat your oven to 400.

From Your Pantry You'll need an egg or two for this meal.

Leftovers Tip This meal is delicious cold!

Kung Pao Edamame with Udon Noodles

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
---------------------------	---------------------------	------------------------------

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

65 Min to Table	5 Min Hands On	1 Whisk Super Easy
---------------------------	--------------------------	------------------------------

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.

Mexican Steak Taco Bowl

20 Min to Table	10 Min Hands On	1 Whisk Super Easy
---------------------------	---------------------------	------------------------------

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.



Caper Tilapia with Parsley and Potatoes

35 Min to Table	10 Min Hands On	1 Whisk Super Easy
--------------------	--------------------	-----------------------

Getting Started Preheat your oven to 400.

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

Cilantro Lime Rice with Avocado & Toasted Chickpeas

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
--------------------	--------------------	-----------------------

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.

Classic Chicken Alfredo & Roasted Red Pepper Flatbread

35 Min to Table	5 Min Hands On	1 Whisk Super Easy
--------------------	-------------------	-----------------------

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

Meal Tip Mushrooms, Spinach, or Broccoli would be a great addition.

Shaved Brussels Sprouts Salad

5 Min to Table	5 Min Hands On	1 Whisk Super Easy
-------------------	-------------------	-----------------------

Getting Started Toss and Serve!

Mediterranean Grilled Cheese

10 Min to Table	5 Min Hands On	1 Whisk Super Easy
--------------------	-------------------	-----------------------

Getting Started Heat 1 tbsp of butter into a medium skillet.

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

Health Snapshot

Loaded Quesadilla

595 Calories
26g Protein
31g Fat
57g Carbs
6g Fiber
772mg Sodium

19 Smart Points

298% Vitamin A
133% Vitamin C
99% Folate

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

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

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

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

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

Kung Pao

No changes

Strata

No changes

Chicken

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

Taco Bowl

No changes

Health Snapshot

Caper Tilapia with Parsley

475 Calories
47g Protein
4g Fat
57g Carbs.
4g Fiber
1044mg Sodium

11 Smart Points

113% Vitamin C
19% Iron
22% Vitamin B-6

Cilantro Lime Rice

540 Calories
13g Protein
27g Fat
68g Carbs.
15g Fiber
394 mg Sodium

18 Smart Points

256% Vitamin A
106% Vitamin C
21% Calcium

Alfredo & Pepper Flatbread

680 Calories
76 g Protein
18 g Fat
52 g Carbs.
4 g Fiber
1501 mg Sodium

16 Smart Points

27% Vitamin C
14% Vitamin A
304% Vitamin B-6

Brussels Salad

540 Calories
16g Protein
33g Fat
52g Carbs.
12g Fiber
586mg Sod.

19 Smart Points

204% Vitamin C
45% Vitamin B6
20% Calcium

Grilled Cheese

590 Calories
32g Protein
35g Fat
38g Carbs.
6g Fiber
1396 mg Sod.

20 Smart Points

62% Calcium
17% Vitamin C
5% Folate

Lighten Up Option

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

Tilapia

No changes

Lime Rice

No changes

Flatbread

No changes

Brussels Salad

No Changes

Grilled Cheese

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.

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 – 595 Calories, 31g Fat, 26g Protein, 6g Fiber, 19 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

meez meals

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

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, Tamari Sauce, Sambal, White Vinegar, Brown Sugar, Sesame Oil, Garlic

meez meals

1. **Getting Organized**

Bring a large pot of water to a boil.

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

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

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

meez meals

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.

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

Buttermilk Salad with Nut-Crusted Chicken

30 *Minutes to the Table*

15 *Minutes Hands On*

2 Whisks *Easy*

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.

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 ¼ 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 ½ 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

meez meals

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

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

meez *meals*

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 *

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

meez *meals*

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

Cilantro-Lime Rice with Avocado & Toasted Chickpeas

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

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.

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

meez meals

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.

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

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.

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

Instructions for two servings.

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

Classic Chicken Alfredo & Roasted Red Pepper Flatbread

Turn dinnertime into fun-time. Let the kids (young or old) have fun shaping and kneading the flatbread dough. Then top it off with creamy Alfredo sauce, tender chicken strips, and sweet roasted peppers.

35 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

Flour
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Whole Wheat Pizza
Dough
Alfredo Sauce
Chicken Strips
Roasted Red Peppers
Parmesan Cheese

Make The Meal Your Own

Cooking with a picky eater? Skip the roasted red peppers on their slices.

Our free-range 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.

Have leftover veggies in your fridge? Sliced mushrooms, spinach, or even blanched broccoli would be great on this flatbread.

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 – 680 Calories, 18g Fat, 76g Protein, 52g Carbs, 16WW+ Points

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

INGREDIENTS: Whole Wheat Pizza Dough, Free-Range Chicken, Parmesan Cheese, Roasted Red Peppers, Heavy Cream, White Wine, Apple Cider Vinegar, Garlic, Black Pepper

meez *meals*

1. Getting Organized

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

Don't forget to take the dough out. Warmer dough is easier to work with!

2. Assemble the Flatbread

Shape your **Whole Wheat Pizza Dough**. Sprinkle your counter with a little flour and stretch the dough into shape. The size and thickness are up to you, but we target about ¼" thickness.

We usually make two-person pizzas and ours are about 8' wide and 14" long.

Transfer the dough to your baking sheet and top the flatbread with **Alfredo Sauce**, **Roasted Red Peppers** and **Parmesan Cheese** and save ¼ of both the cheese and sauce for later. Be sure to get the sauce, toppings and cheese all the way to the edges.

Bake the flatbread until the crust is well browned, about 15 to 17 minutes.

3. Prep and Cook the Chicken

While the flatbread is baking, slice the **Chicken Breast** into strips approximately ½" wide. Generously sprinkle with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, or more if you like).

Heat 1 Tbsp oil in a large skillet over high heat. Add the chicken and cook until the bottoms are well browned and each piece is starting to color up the sides, about 4-5 minutes. Flip and cook until each piece is fully browned and the chicken is cooked through, about 3 -4 minutes more. Remove to a plate.

4. Put It All Together

When the flatbread is almost done, top with cooked chicken, the remaining cheese and drizzle the remaining sauce on top. Bake until the cheese melts, about another 3-4 minutes. Remove from the oven and let rest for 5 minutes before serving. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

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

Mediterranean Grilled Cheese

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