

## Health Snapshot

### Yellow Curry with Mint Yogurt

355 Calories

21g Protein

10g Fat

50g Carbs.

7g Fiber

585mg Sodium

11 Smart Points

73% Vitamin C

91% Calcium

12% Vitamin A

### Thai Sirloin Steak Udon

730 Calories

45g Protein

40g Fat

55g Carbs.

7g Fiber

1450mg Sodium

21 Smart Points

419% Vit-C

68% Vit- B12

47% Vitamin A

### Fontina Chicken

535 Calories

66g Protein

17g Fat

31g Carbs.

4g Fiber

444mg Sodium

15 Smart Pts.

244% Vitamin A

231% Vitamin C

30% Calcium

### Parmesan French Toast

605 Calories

44g Protein

24g Fat

53g Carbs.

4g Fiber

1274mg Sodium

20 Smart Points

301% Vitamin A

106% Calcium

126% Vitamin C

### Chicken Enchiladas

710 Calories

71g Protein

24g Fat

55g Carbs.

4g Fiber

768 mg Sodium

18 Smart Points

17% Vitamin B6

95% Vitamin C

40% Calcium

## Lighten Up Option

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

### Thai Sirloin

*½ udon, 1/2*

*sauce*

495 Calories

25g Fat

34g Carbs

14 Smart Points

### Enchiladas

*½ cheese, and 2*

*tortillas with more*

*filling*

535 Calories

14g Fat

12 Smart Points

## Health Snapshot

### Green Quesadilla

535 Calories  
20g Protein  
19g Fat  
62g Carbs.  
7g Fiber  
1325mg Sodium

18 Smart Points

113% Vitamin A  
53% Calcium  
27% Vitamin C

### Barbequed Couscous

505 Calories  
20g Protein  
11g Fat  
81g Carb.  
8g Fiber  
777mg Sodium

17 Smart Points

909% Vitamin A  
130% Vitamin C  
48% Calcium

### Mushroom & Goat Cheese Tacos

500 Calories  
30g Protein  
14g Fat  
77g Carbs.  
15g Fiber  
938mg Sodium

15 Smart Points

31% Vitamin C  
21% Vitamin B6

### Southwestern Salmon

510 Calories  
25g Protein  
29g Fat  
46g Carb.  
6g Fiber  
.

15 Smart Points

160% Vitamin C  
24% Vitamin B6

### Dijon Roasted Brussels

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

16 Smart Points

279% Vitamin C  
57% Vitamin E  
32% Folate

### Lighten Up Option

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

#### Brussels

*No changes*

455 Calories  
34g Fat  
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.*

# Quick Tips

## Yellow Curry with Mint Yogurt

---

<i>30 Min</i>	<i>5 Min</i>	<i>1 Whisk</i>
<i>to Table</i>	<i>Hands On</i>	<i>Super Easy</i>

---

**Getting Started** Preheat your oven to 400 and put water on to boil.

**Omnivore Option** Grilled, sliced top sirloin is great with this dish.

## Chicken Enchiladas Rojas

---

<i>40 Min</i>	<i>20 Min</i>	<i>1 Whisks</i>
<i>to Table</i>	<i>Hands On</i>	<i>Super Easy</i>

---

**Getting Started** Preheat oven to 375.

**Picky Eaters Tip** Replace the cauliflower with another vegetable.

## Thai Sirloin Steak Udon Bowl

---

<i>25 Min</i>	<i>25 Min</i>	<i>1 Whisk</i>
<i>to Table</i>	<i>Hands On</i>	<i>Super Easy</i>

---

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

**Meal Tip** Chopped toasted nuts are a fun addition.

## Fontina Baked Chicken

---

<i>30 Min</i>	<i>15 Min</i>	<i>2 Whisk</i>
<i>to Table</i>	<i>Hands On</i>	<i>Easy</i>

---

**Getting Started** Preheat your oven to 400.

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

## Mushroom & Goat Cheese Tacos

---

<i>25 Min</i>	<i>25 Min</i>	<i>1 Whisks</i>
<i>to Table</i>	<i>Hands On</i>	<i>Super Easy</i>

---

**Getting Started** Preheat your oven to 375.

**Picky Eaters Tip** Skip the goat cheese and use cheddar or queso fresco.

**Omnivore Option** Sliced Pork Loin is delicious in these tacos.

### Southwestern Salmon with Fresh Corn Salsa

---

<i>20 Min to Table</i>	<i>20 Min Hands On</i>	<i>1 Whisk Super Easy</i>
----------------------------	----------------------------	-------------------------------

---

**Getting Started** No pre-work needed.

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

### Parmesan French Toast

---

<i>30 Min to Table</i>	<i>30 Min Hands On</i>	<i>2 Whisk Easy</i>
----------------------------	----------------------------	-------------------------

---

**Getting Started** Preheat your broiler and your griddle or large skillet.

**Meal Tip** For picky eaters, serve the veggies on the side.

### Barbequed Sweet Potato Couscous Gratin

---

<i>40 Min to Table</i>	<i>10 Min Hands On</i>	<i>1 Whisk Super Easy</i>
----------------------------	----------------------------	-------------------------------

---

**Getting Started** Preheat your oven to 400 and put water on to boil.

**Speed Tip** You can cook the couscous ahead, to save time.

### Green Quesadilla

---

<i>30 Min to Table</i>	<i>10 Min Hands On</i>	<i>1 Whisk Super Easy</i>
----------------------------	----------------------------	-------------------------------

---

**Getting Started** Preheat your oven to 400

**Meal Tip** If you don't love spice, leave the poblanos out.

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

### Dijon Roasted Brussels

---

<i>30 Min to Table</i>	<i>5 Min Hands On</i>	<i>1 Whisk Super Easy</i>
----------------------------	---------------------------	-------------------------------

---

**Getting Started** Preheat your oven to 400.

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

# Thai Sirloin Steak Udon Bowl

Thai flavors at their best. We're pairing an irresistible basil peanut sauce with sirloin steak and fresh peppers. Served over a bed of udon noodles, it's a dinner you'll crave again and again.

**25** Minutes to the Table

**25** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Saucepan  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 4 MEEZ CONTAINERS

Udon Noodles  
Steak  
Peppers & Onions  
Thai Basil Peanut  
Sauce

## Make The Meal Your Own

**Want to add something extra?** Chopped toasted nuts are a fun addition to the finished dish. Use whatever you have on hand – peanuts, cashews and almonds all work – and sprinkle over the dish before serving.

## 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.

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

**Health snapshot per serving** – 730 Calories, 40g Fat, 45g Protein, 55g Carbs, 21 Smart Points

**Lighten Up snapshot per serving** - 495 Calories, 25g Fat, 37g Protein, 34g Carbs, 14 Smart Points by using ½ the sauce and udon.

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

INGREDIENTS: Bell Peppers, Steak, Udon Noodles, Red Onion, Peanuts, Vegetable Oil, Rice Wine Vinegar, Tamari, Brown Sugar, Basil, Ginger, Garlic, Sesame Oil

meezmeals

## 1. Getting Organized

Put a saucepan of water on to boil.

## 2. Cook the Udon

Salt the boiling water and add the **Udon Noodles**. Cook until they are soft, about 6 to 8 minutes, then drain.

## 3. Cook the Peppers

While the udon is cooking, heat 2 Tbsp olive oil in a large skillet over medium-high heat. When the oil is smoking, add the **Peppers & Onions** and cook until browned, 4 to 7 minutes. Remove to a bowl or plate.

## 4. Cook the Steak

Return the now-empty skillet to the stove over high heat. 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.

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 **Thai Basil Peanut Sauce**.

## 5. Put It All Together

Toss the udon noodles with Thai basil beef, peppers and onions.

*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**

# Yellow Curry with Mint Yogurt

A new hands-free favorite! We're making an oven-roasted yellow curry with broccoli, cauliflower and tofu in a delicious curry sauce, all served over jasmine rice. Topped with mint yogurt, it's a dinner we just can't get enough of.

**35** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Saucepan  
Rimmed Baking Sheet  
Medium Skillet

### FROM YOUR PANTRY

Olive or Vegetable Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Jasmine Rice  
Broccoli & Cauliflower  
Tofu  
Yellow Curry Sauce  
Mint Yogurt

## Make The Meal Your Own

**Omnivore's Option** – Grilled, sliced top sirloin is a great addition. Plate it on top of the rice before you add the curry sauce.

**Cooking with a picky eater?** Serve all the ingredients separately and let them pick what they like!

**Leftover Tip** – Turn this into a salad the next day by mixing in some fresh veggies and serving it cold.

## Good To Know

**If you're making the vegan version**, we're sending you mint without the yogurt. Finish your curry by sprinkling it on top before serving.

**Health snapshot per serving** – 355 Calories, 21g Protein, 7g Fiber, 11 Smart Point.

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

INGREDIENTS: Broccoli, Cauliflower, Coconut Milk, Jasmine Rice, Tofu, Greek Yogurt, Rice Wine Vinegar, Brown Sugar, Yellow Curry Paste, Tamari, Lime Juice, Ginger, Cilantro, Basil, Garlic, Spices

meezmeals

### 1. Getting Organized

Preheat your oven to 400. Pour 2 cups of water in a saucepan and put it on to boil.

### 2. Cook the Rice

When the water is boiling, add the **Jasmine Rice** and a pinch of salt. Reduce the heat to a simmer and cover. Cook until all the water has been absorbed, about 20 to 25 minutes. Remove from heat and fluff with a fork, cover again and set aside.

### 3. Roast the Veggies

While the rice is cooking, toss the **Broccoli & Cauliflower** in 2 Tbsp oil and spread evenly on a rimmed baking sheet. Roast until tender and starting to brown, about 15 to 17 minutes.

Add the **Tofu** to the veggies, stir and cook until the tofu is lightly puffed, about 5 to 7 minutes.

*Stir gently when you add the tofu, so it doesn't break.*

### 4. Put It All Together

Heat a skillet over medium heat and add the **Yellow Curry Sauce**. Bring the sauce to a boil and then reduce to a simmer and cook for 5 to 7 minutes.

Top the rice with veggies and tofu and then spoon curry sauce over the top. Serve with **Mint Yogurt** to taste. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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



# Barbequed Sweet Potato Couscous Gratin

We're turning the whole idea of an au gratin on its head this week. Forget the heavy, cream-based staples of classic French cooking. Instead, we're layering pearl couscous and broiled sweet potatoes with a smoky barbeque sauce and mozzarella. Then, we top it off with crispy kale for a vitamin-packed twist.

**40** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Oven-Safe  
Saucepan  
Rimmed Baking  
Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Sweet Potatoes  
Pearl Couscous  
Barbeque Sauce  
Mozzarella & Cherries  
Kale

## Make The Meal Your Own

**Want this meal in a flash?** Prepare the sweet potatoes and couscous in advance. When it's time for dinner, assemble the casserole and sauté the kale. You'll be eating in 15 minutes.

**Kids and picky eaters** can eat their kale on the side.

## Good To Know

**If you're making the vegan version,** we've left out the cheese. It's just as delicious without it.

**If you're making the gluten-free version,** we've given you quinoa instead of couscous. Cooking it up is easy. Just bring 2 ½ cups of water to a boil, then add the quinoa and a dash of salt. Cover and lower the heat to a simmer. Cook for 12 to 15 minutes, until the grain looks spiraled. Fluff it and let it sit covered for 5 minutes.

**Health snapshot per serving** – 505 Calories, 20g Protein, 8g Fiber, 17 Smart Points

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

INGREDIENTS: Sweet Potatoes, Kale, Pearl Couscous, Barbeque Sauce, Mozzarella Cheese, Parmesan Cheese, Cherries, Garlic

meezmeals

### 1. Getting Organized

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

### 2. Roast the Sweet Potatoes

Put the **Sweet Potatoes** on a rimmed baking sheet. Drizzle with olive oil, salt and pepper and bake until the edges are crispy, about 15 to 25 minutes.

### 3. Cook the Couscous

Once the sweet potatoes are cooking, start the couscous. Salt the boiling water generously, add the **Pearl Couscous** and cook for 5 minutes. Drain and set aside.

*The couscous won't be done cooking in this first step. We're just par-cooking it.*

### 4. Assemble the Casserole

Turn the oven down to 300 degrees and put the couscous back into the saucepan or, if it's not oven-safe, into a casserole dish. Add the cooked sweet potatoes, **Barbeque Sauce** and ¼ cup water and mix well. Top with **Mozzarella & Cherries** and bake until the top is lightly browned and the cheese is melted, about 12 to 15 minutes.

### 5. Bake the Kale

Once the gratin gets into the oven, arrange the **Kale** on your rimmed baking sheet. Drizzle with olive oil, salt and pepper, and bake until softened and crisp on the edges, about 15 minutes. Serve the gratin topped with the kale.

*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

meez meals

### 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**

# Southwestern Salmon with Fresh Corn Salsa

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

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Shallow Pie Pan or Plate  
Large Skillet

### FROM YOUR PANTRY

2 Tbsp Flour  
Olive Oil  
Salt & Pepper

### 4 MEEZ CONTAINERS

Cauliflower  
Southwest Seasoning  
Salmon  
Corn & Tomato Salsa

## Make The Meal Your Own

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

**Salmon has a reputation for being tricky** to cook. Chef Max says the key to perfect salmon is making sure you don't overcook it. Cook over high heat for a few minutes on each side and then let it rest. The salmon continues cooking as it rests, so let it sit 5 minutes, covered, off the heat before you cut into it and check for doneness.

**Not a fan of spice?** Use just half of the southwest seasoning to coat the salmon.

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

## Good To Know

**Health snapshot per serving** – 510 Calories, 29g Fat, 25g Protein, 46g Carbs, 15 Smart Points

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

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

meezmeals

### 1. Cook the Cauliflower

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

### 2. Season and Cook the Salmon

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

Heat 2 Tbsp of oil in your now-empty skillet over high heat. When the oil is hot, add the salmon and cook 4 minutes. Flip, and cook 3 more minutes on the other side. Turn off the heat, cover and let sit for 5 minutes.

### 3. Put It All Together

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

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

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

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Parmesan French Toast with Roasted Tomatoes and Spinach

**30** *Minutes to the Table*

**30** *Minutes Hands On*

**2 Whisk** *Easy*

Yep, you read that right. French Toast for dinner. And trust us, it's delicious. We make the breakfast favorite dinnertime fare with a Basil-Parmesan crust, roasted tomatoes and fresh spinach. This dinner may be a little unusual, but it's heaven on your plate.

## Getting Organized

### EQUIPMENT

Griddle or Skillet  
Wide Bowl  
2 Rimmed Baking Sheets

### FROM YOUR PANTRY

Vegetable Oil  
Salt & Pepper  
Milk  
Eggs

### 5 MEEZ CONTAINERS

Balsamic Glaze  
Challah Bread  
Cheese & Herbs  
Spinach  
Tomatoes

INGREDIENTS: Spinach, Grape Tomatoes, Challah Bread, Mozzarella Cheese, Parmesan Cheese, Balsamic Vinegar, Brown Sugar, Basil, Garlic

## Read Before You Begin

- **As soon as you think about dinner** – Preheat your broiler.
- **Cooking with a picky eater?** Serve the veggies on the side so they can pick and choose.
- **Kids' Tip** – Get the whole family involved in making this dinner. Kids can crack the eggs and soak the bread.
- **Health snapshot per serving** – 605 Calories, Fat 24g, 44g Protein, 4g Fiber, 20 Smart Points
- **Have questions?** The dinner hotline is standing by 773.916.6339 from 5 to 8.

meez*meals*

## 1. Get Organized

Preheat your broiler and your griddle or large skillet.

## 2. Make the French Toast

Crack 2 eggs into a wide bowl with 1 cup of milk, salt and pepper, and mix well. Add a piece of **Challah Bread** and press lightly so it soaks up some of the egg and milk mixture, then flip and repeat.

Heat 2 Tbsp of vegetable oil on your griddle over medium high heat. Add the soaked bread and cook until golden brown, then flip it over and cook the other side. Transfer to a baking sheet in a single layer.

Sprinkle the **Cheese & Herbs** over the bread, then put into the oven 3 to 4 inches away from the broiler. Cook until the cheese melts, 2 to 3 minutes.

## 3. Roast the Tomatoes

While you're cooking the French Toast, put the **Tomatoes** onto a rimmed baking sheet and drizzle with olive oil, salt and pepper. Arrange in a single layer and put into the oven 3 to 4 inches away from the heat. Cook until the tomatoes burst, about 5 to 7 minutes.

## 4. Put It All Together

Heat another 1 Tbsp olive oil on your griddle or skillet over medium-high heat and add the **Spinach**. Cook until it just wilts, then add salt and pepper. Serve the French Toast topped with the spinach, tomatoes and finish with a little of the **Balsamic Glaze**. Enjoy!

*Depending on the size of your griddle or skillet, cook the bread in batches so they all have room to cook.*

*The key to great French Toast is to wait to turn it over until it's golden brown on the bottom. You can't re-brown it, so be patient and flip it only when it's ready.*

*A little balsamic glaze goes a long way. Start sparingly and add more if you'd like.*

*Love this recipe? #meezmagic*

Instructions for two servings.

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



# Chicken Enchiladas Rojas

Classic enchiladas rojas with a healthy Meez tweak. It all starts with a zesty enchilada sauce that's perfect with all-natural chicken breast and vitamin-C rich cauliflower. Wrapped up in warm tortillas and topped with gooey Chihuahua cheese, this dinner is simply delicious.

**40** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Skillet  
9x9 Casserole Dish  
Slotted Spoon  
(Optional)

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Chicken Breast  
Cauliflower  
Enchilada Sauce  
Chihuahua Cheese  
Corn Tortillas

## Make The Meal Your Own

**Picky Eaters Tip** – These enchiladas are a great way to sneak veggies into dinner. If you're cooking with someone who doesn't like cauliflower, you can replace it with another vegetable, like green or red bell peppers. Dice it into small pieces and cook it with the chicken in step 3.

**This dinner is flavorful but not spicy.** If you want to add a kick, add a little crushed red pepper or diced jalapenos to the sauce.

**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

**A note on pan size** – Chef Max recommends a 9x9 baking dish if you're cooking for 2 or 3 people or a 9x13 baking dish if you're cooking for 4 or more.

**Health snapshot per serving** – 710 Calories, 71g Protein, 24g Fat, 55g Carbs, 18 Smart Points

**Lightened up snapshot** – 535 Calories, 14g Fat and 12 Smart Points with half the cheese and putting more of the filling in just 2 tortillas.

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

INGREDIENTS: Cage-Free Chicken, Cauliflower, Corn Tortillas, Prepared Enchilada Sauce, Chihuahua Cheese, Garlic, Herbs and Spices

meez meals

### 1. **Get Organized**

Preheat your oven to 375 degrees.

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

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

*You want medium-length strips, so cut across the width of the chicken (the short side).*

Sprinkle with salt and pepper. (We recommend 1/8 tsp salt and 1/8 tsp pepper on each side, but you can use more if you like).

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

Heat 1 Tbsp of oil in a large skillet over medium-high heat. Once the oil is hot, add the chicken and cook, without stirring, until the bottom is well browned, about 5 to 7 minutes. Flip the chicken and add the **Cauliflower** to the pan. Continue cooking, stirring occasionally, until the cauliflower and chicken are both browned, 10 to 12 minutes.

Add the **Enchilada Sauce** and ¼ cup of water to the pan. Bring to a boil, then reduce heat and simmer until thickened slightly, about 3 to 5 minutes.

### 4. **Heat the Tortillas**

While the sauce is simmering, heat the tortillas until just pliable. You can do this in a dry skillet on the stove or directly over a gas burner for about 30 to 60 seconds per tortilla.

### 5. **Roll and Bake the Enchiladas**

Using a slotted spoon, remove the chicken and cauliflower (try to leave some of the sauce behind) from the skillet and divide between each of the **Corn Tortillas**. Once filled, roll the tortillas to close and place seam-side-down in the casserole dish. Bake just until the tortillas start to crisp, about 3 minutes.

Pour the reserved sauce over the enchiladas, and then sprinkle the **Chihuahua Cheese** over top. Bake until the cheese is melted and browned, 5 to 7 minutes. Enjoy!

Instructions for two servings.  
**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**

# Mushroom & Goat Cheese Tacos

Classic and delicious. Southern California dreams are envisioned with spiced black beans, Cremini mushrooms and spicy chevre. A little salsa Fresca on top, and these tacos are over-the-top good.

**25** Minutes to the Table

**25** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

- 2 Skillets
- Rimmed Baking Sheet

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 6 MEEZ CONTAINERS

- Mushrooms
- Scallions
- Spiced Black Beans
- Corn Tortillas
- Goat Cheese & Jalapeno
- Salsa Fresca

## Make The Meal Your Own

**Picky eaters tip** – Skip the goat cheese and use cheddar or queso fresco, instead.

**Omnivore's Option** – Sliced pork loin is delicious in these tacos.

## Good To Know

**If you're making the vegan version**, we've left the goat cheese out of your meal. Before you cook the mushrooms in step 2, sauté the jalapenos for a minute. They'll add great flavor.

**Health snapshot per serving** – 500 Calories, 30g Protein, 15g Fiber, 15 Smart Points

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

INGREDIENTS: Mushrooms, Black Beans, Corn Tortillas, Diced Tomatoes, Goat Cheese, Scallions, Lime, Cilantro, Jalapeno, Garlic, Spices

meez meals

### 1. Getting Organized

Preheat your oven to 375.

### 2. Sauté the Mushrooms

Heat 1 Tbsp olive oil in a large skillet over high heat. Add the **Mushrooms** and cook until golden brown and caramelized, about 15 to 20 minutes.

### 3. Roast the Scallions

While the mushrooms are cooking, arrange the **Scallions** on a rimmed baking sheet and drizzle with 1 Tbsp olive oil. Toss well, then cook until crispy, about 12 to 15 minutes.

### 4. Cook the Black Beans

Once the scallions are in the oven, heat 2 Tbsp olive oil in a second skillet. Add the **Spiced Black Beans** and ½ cup of water. Cook, mashing the beans with a slotted spoon or fork, until the beans resemble refried beans and the mixture thickens.

*Add a little bit more water to the beans if you'd like them to be creamier.*

### 5. Put It All Together

Heat the **Corn Tortillas** for a few seconds in a dry skillet or directly on a gas burner, and then assemble your tacos. Spread the black beans on the tortillas, then top with the mushrooms, a dollop of **Goat Cheese & Jalapeno**, scallions and the **Salsa Fresca**. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Green Quesadilla

**25** *Minutes to the Table*

**5** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Baking Sheet

### FROM YOUR PANTRY

Vegetable Oil

### 4 MEEZ CONTAINERS

Poblano Peppers

Tortillas

Spinach & Bean

Spread

Chihuahua

Cheese

## Good to Know

**If you don't love spice**, you can leave the poblanos out of the quesadilla. It will still be delicious without them.

**Health Snapshot per serving** 535 Calories, 19g Fat, 62g Carbs, 21g Protein, 18 Smart Points

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

INGREDIENTS: Flour Tortillas, Poblano, Chihuahua Cheese, Great Northern Beans, Spinach, Half and Half, Spices

meezmeals

### 1. Getting Organized

Preheat your oven to 400.

### 2. Roast the Poblanos

Toss the **Poblano Peppers** with 1 Tbsp of oil and spread in a single layer on a baking sheet. Roast until the peppers are just starting to brown, about 7 to 10 minutes. Remove to a bowl or plate.

### 3. Build the Quesadilla

Oil the now-empty baking sheet with 1 to 2 Tbsp of oil. Take one **Tortilla** and wipe it through the oil to coat one side. Repeat with the second tortilla, leaving it on the baking sheet oiled-side down.

Spread the **Spinach & Bean Spread** on the tortilla and then top with half of the **Chihuahua Cheese** and all of the poblanos. Sprinkle the remaining cheese on top of the poblanos. Top with the second tortilla, oiled-side up, and gently press down.

### 4. Put It All Together

Bake the quesadilla until the top and edges are golden brown, about 6 to 8 minutes. Flip the quesadilla, and cook an additional 3 to 4 minutes. Cut into wedges and serve. Enjoy!

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

# Dijon Roasted Brussels

**30** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Baking Sheet

### FROM YOUR PANTRY

Salt & Pepper  
Olive Oil

3 MEEZ

### CONTAINERS

Brussels Sprouts  
Almonds  
Dijon Vinaigrette

## Make This Meal Your Own

**Omnivore's Option** – Bacon and Brussels sprouts are a perfect match. Crisp some in the oven or on the stove, chop into bits and add it in when you add the almonds.

## Good to Know

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

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

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

INGREDIENTS: Brussels Sprouts, Almonds, Olive Oil, Red Wine Vinegar,  
Whole Grain Mustard, Honey, Herbs and Spices

meezmeals

### 1. Getting Started

Preheat your oven to 400.

### 2. Roast the Brussels Sprouts

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

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

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

### 3. Put It All Together

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

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