

Health Snapshot

Chicken Pizzolo	Chicken Pot Pie	Southwestern Tortilla Stew	Lemon Chai Salmon	Steak Quinoa Bowl
580 Calories	920 Calories	615 Calories	720 Calories	650 Calories
58g Protein	66g Protein	23g Protein	30g Protein	51g Protein
27g Fat	36g Fat	16g Fat	46g Fat	37g Fat
22g Carbs.	82g Carbs.	97g Carbs.	32g Carbs.	31g Carbs.
5g Fiber	8g Fiber	16g Fiber	4g Fiber	7g Fiber
1648 mg Sodium	367mg Sodium	1268 mg Sodium	1729 mg Sodium	478 mg Sodium
16 Smart Points	26 Smart Points	20 Smart Points	23 Smart Points	20 Smart Points
57% Vitamin C	399% Vitamin A	693% Vitamin A	0% Vitamin B12	52% Vitamin C
17% Vitamin B-6	58% Vitamin C	47% Calcium	3% Vitamin B6	0% Vit- B12
196% Vitamin A	22% Vitamin B6	125% Vitamin C	44% Vitamin C	160% Vitamin A

Lighten Up Option

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

Pot Pie

½ the Pie Crusts

680 Calories

18g Fat

17 Smart Points

Salmon

¾ sauce

645 Calories

39 g Fat

20 Smart Points

Health Snapshot

Buttermilk Broccoli Salad

240 Calories
7g Protein
12g Fat
21g Carbs.
11g Fiber
65 mg Sodium

8 Smart Points

3% Vitamin C
26% Vitamin E
0% Vitamin A

Hawaiian Quesadilla

640 Calories
25g Protein
10g Fat
69g Carbs
15g Fiber
1461mg Sodium

20 Smart Points

20% Calcium
19% Vitamin C
1% Folate

Red Pepper Panzanella

905 Calories
38g Protein
38g Fat
106g Carbs.
34g Fiber
1454 mg Sodium

31 Smart Points

452% Vitamin A
121% Vitamin C

Roasted Brussels Sprouts Tacos

425 Calories
18g Protein
14g Fat
61g Carbs.
8g Fiber
360 mg Sodium

12 Smart Points

242% Vitamin C
28% Vitamin A

Triple Mushroom Flatbread Pizza

630 Calories
26g Protein
27g Fat
66g Carbs.
6g Fiber
1491 mg Sodium

22 Smart Points

17% Vitamin A
9% Vitamin C

Lighten Up Option

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

Panzanella

*½ the nuts, bread
and sauce*
620 Calories
38g Fat
21 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

Southwestern Tortilla Stew

30 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat oven to 350.

Omnivore Option Chicken is a classic addition.

Buttermilk Broccoli Salad

5 Min to Table	5 Min Hands On	1 Whisks Super Easy
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Getting Started Toss and serve!

Chicken Pot Pie

50 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 400.

Make Ahead Tip Cook the filling up to a day ahead.

Roasted Red Pepper Panzanella

35 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 400.

Picky Eater Tip Serve the panzanella with an olive oil drizzle.

Mediterranean Lemon Chai Salmon with Pearl Couscous

20 Min to Table	20 Min Hands On	1 Whisks Super Easy
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Getting Started Put a saucepan of water on to boil.

Leftovers Tip Serve leftovers over lettuce.

From Your Pantry You'll need about 1/4 cup of flour per serving



Hawaiian Quesadilla

20 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 400.

From Your Pantry You'll need a little vegetable oil.

Roasted Brussels Sprout Tacos with Sriracha Aioli

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started No pre-work needed.

Omnivore Option Bacon would be a great addition to this meal.

Chicken Pizzolo

25 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 450.

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

Triple Mushroom Flatbread Pizza

25 Min to Table	25 Min Hands On	2 Whisk Easy
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Getting Started Preheat your oven to 400 and take the pizza dough out of the refrigerator.

Omnivore Option Roasted chicken is a great addition to this dish.

Steak Quinoa Bowl

30 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 375 & put a saucepan of water onto boil.

Leftovers Tip Leftovers make a delicious taco or burrito filling.

Chicken Pot Pie

This cozy recipe starts as a classic chicken pot pie, but we're tossing our cage-free chicken breast with plenty of corn, sweet potatoes and mushrooms to make it as healthy as it is delicious. Tossed in a light cream sauce with golden pastry on top, it's a recipe that's just right, and less indulgent than you'd imagine.

50 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Loaf Pan or Casserole
Dish

FROM YOUR PANTRY

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

6 MEEZ CONTAINERS

Onions & Corn
Chicken Breast
Sweet Potatoes
Cream Sauce
Mushrooms
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 20 to 25 minutes in a 400-degree oven.

Picky eaters tip – We love the earthiness from the mushrooms, but if you're eating with someone who doesn't love the idea of them, puree the mushrooms in a food processor and add to the filling before you top with the crust and bake. Your picky eater will never see them, but will love the flavor they bring.

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 sizes. Chef Max prefers to bake his pot pie in a deep, narrow pan like a loaf pan because it's the perfect size for the crust, but he says a casserole dish or oven-safe saucepan will work well too.

Health snapshot per serving – 920 Calories, 65g Protein, 36g Fat, 82g Carbs, 26 Smart Points

Lightened up snapshot – 680 Calories, 18g Fat and 17 Smart points using 1/2 the pie crust.

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

INGREDIENTS: Cage-Free Chicken Breast, Sweet Potato, Mushrooms, Onion, Pie Crust, Corn, White Wine, Half and Half, Garlic, Miso, Concentrated Vegetable Stock, Herbs and Spices

meez meals

1. Getting Organized

Preheat your oven to 400.

2. Prep the Chicken

Place the **Chicken Breast** on a cutting board. Using a sharp knife, cut lengthwise into long strips, about ¼" to ½" wide. Rotate the chicken breast 90 degrees and then cut across to create small, even cubes of chicken.

Once the chicken is cut, generously sprinkle with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

3. Make the Filling

Heat 2 Tbsp of oil or butter in a large skillet over medium-high heat. Add the **Onions & Corn** and cook until well browned, about 7 to 10 minutes. Add the chicken and cook 5 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.

Add the **Cream Sauce** and stir, scraping the browned bits off the bottom of the pan. Simmer until it thickens to the consistency of gravy, about 1 minute. Add the **Mushrooms** and 1 ¼ cups water and bring the mixture to a boil. Reduce heat and simmer for 5 minutes. Season with salt and pepper to taste.

4. Bake the Pot Pie

Transfer the filling to a loaf pan (or, if you prefer, a casserole dish) 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!

Use your biggest skillet or a large saucepan because all of the ingredients are cooked together.

We include just enough pie crust to add flaky deliciousness, without all the calories of a traditional pot pie.

Love this recipe? #meezmagic

Instructions for two servings.

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

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

meez meals

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

Southwestern Tortilla Stew

A southwestern classic. This cozy stew stars roasted sweet potatoes, black beans and Mexican-spiced tomatoes, all topped with crispy tortillas and white cheddar. It's a dinner the whole family will love.

30 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Onions & Garlic
Sweet Potatoes
Tomatoes & Beans
Corn Tortilla
Cheddar Cheese

Make The Meal Your Own

This is a great make-ahead meal. Cook the stew up to 4 days ahead of time, leaving off the toppers. While the stew reheats, crisp the tortilla strips in the toaster or oven.

A note about leftovers – The stew thickens as it sits, so thin it with a little water before reheating.

Omnivore's Option – Turn this into a classic tortilla stew with the addition of chicken. Use leftovers or chopped rotisserie chicken and add it with the tomato and beans.

Good To Know

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

Health snapshot per serving – 615 Calories, 16g Fat, 23g Protein, 97g Carbs, 20 Smart Points

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

INGREDIENTS: Sweet Potato, Tomato, Black Beans, Onion, Corn Tortillas, White Cheddar, Concentrated Vegetable Base, Garlic, Herbs and Spices

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1. Getting Organized

Preheat your toaster or conventional oven to 350.

2. Cook the Vegetables

Heat 2 Tbsp of oil in a large saucepan over high heat. Add the **Onions & Garlic** and cook until browned, 5 to 7 minutes. Add the **Sweet Potatoes** and cook for an additional 5 minutes, stirring frequently.

3. Make the Stew

Stir in 2 cups of water and the **Tomatoes & Beans**. Bring the stew to a boil, reduce heat and simmer for 10 minutes.

4. Toast the Tortillas

While the stew is simmering, stack the **Corn Tortillas** on a cutting board and cut into even strips. Add one third of the strips to the stew and cook until slightly thickened, 5 - 7 minutes. Season with salt and pepper to taste.

Brush or spray the other 2/3 of the strips with oil and toast in a toaster or conventional oven until crispy, about 5 to 7 minutes.

Season the tortilla strips with salt and pepper to your taste.

5. Put It All Together

Serve the stew topped with **Cheddar Cheese** and the remaining crispy tortilla strips. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Mediterranean Lemon Chai Salmon with Pearl Couscous

Back by popular demand, Meez's signature lemon chai dressing brings a sunny flavor to seared salmon. Served up with grape tomatoes, broccoli and pearl couscous, it's an easy dinner the whole family will love.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Shallow Pie Dish or Plate
Large Skillet

FROM YOUR PANTRY

½ Cup of Flour
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Couscous
Salmon
Broccoli
Lemon Chai Sauce
Feta Cheese

Make The Meal Your Own

Leftovers Tip – Serve your leftovers over lettuce for a light next-day lunch.

Good To Know

If you're making the gluten-free version, we've sent you quinoa. Bring 2 ½ cups of water to a boil, and 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 and let sit covered for 5 minutes.

If you want to test the doneness of the salmon, use a thermometer. You want the internal temperature to be at least 140 degrees. If you don't have a thermometer, you can cut the fish in half to check the doneness.

Health snapshot per serving – 720 Calories, 46g Fat, 30g Protein, 32g Carbs, 23 Smart Points

Lightened up snapshot - 645 Calories, 39g Fat, 30g Protein, 32g Carbs, 20 Smart Points by using ¾ of the sauce.

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

INGREDIENTS: Broccoli, Salmon, Couscous, Grape Tomatoes, Feta Cheese, Olive Oil, Lemon Juice, Green Onion, Brown Sugar, Garlic, Herbs and Spices

meezmeals

1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Couscous

Salt the boiling water and add the **Couscous**. Cook 7 to 8 minutes until al dente. Drain and set aside.

3. Dredge and Cook the Salmon

While the couscous is cooking, pour ½ cup flour in a shallow pie pan or on a plate and add a generous pinch of salt and pepper. Coat the **Salmon** with the flour, making sure each fillet is covered.

Heat 2 Tbsp of oil in a large skillet on high heat. Add the salmon and cook 4 minutes. Flip and cook an additional 2 minutes. Turn off the heat and let sit for 5 minutes. Remove from the pan and set aside.

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

If you want to check the doneness of the fish, use a thermometer (you're looking for 140 degrees or higher) or cut the fish in half.

4. Cook the Broccoli

Heat the same skillet that you used to cook the salmon over medium-high heat. (Don't wipe it out. You want all those bits of flavor.) Add the **Broccoli** and cook until bright green but still crisp, about 3 to 5 minutes. Add the **Lemon Chai Sauce** to the pan and cook until hot, about 1 minute.

Serve the couscous topped with salmon, broccoli and **Feta Cheese**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Steak Quinoa Bowl

This week's family favorite. We're taking our classic red enchilada sauce and marrying it with the deep rich flavors of steak, kale and quinoa. Served with Mexican cheese, it's a cozy dinner everyone will love.

30 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Casserole Dish
Skillet

FROM YOUR PANTRY

Salt & Pepper

6 MEEZ CONTAINERS

Quinoa
Steak
Kale
Beans & Tomatoes
Enchilada Sauce
Monterey Jack
Cheese

Make The Meal Your Own

Leftovers Tip – The leftovers from this dish make a delicious taco or burrito filling.

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 – 650 Calories, 37g Fat, 51g Protein, 31g Carbs, 19 Smart Point

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

INGREDIENTS: Steak, Kale, Tomatoes, Monterey Jack Cheese, Quinoa, Black Beans, Tomato Paste, Cilantro, Vinegar, Garlic, Chili, Vegetable Oil, Herbs and Spices

meezmeals

1. Getting Organized

Preheat your oven to 375 and put a saucepan of water on to boil.

2. Cook the Quinoa

Add the **Quinoa** to the boiling water and cook for 6 to 8 minutes. Drain and set aside.

3. Make the Casserole

While the quinoa is cooking, combine the **Kale, Beans & Tomatoes** and **Enchilada Sauce** in a casserole dish. Bake, stirring occasionally, until the kale shrinks down a bit and starts to crisp, about 7 to 10 minutes. (You'll want to stir about every 3 to 4 minutes to prevent the kale from burning or getting too crisp on the edges). Add the cooked quinoa to the casserole and stir to incorporate. Continue baking until bubbling, about 7 to 10 more minutes.

This works in everything from a loaf pan to a 10x10 casserole dish

4. Cook the Steak

While the casserole is baking, 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.

To test if the skillet is hot enough for the steak, hold your hand about 6 inches above the skillet. If you can feel serious heat, it's ready to go.

- **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.

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.

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

Sprinkle the **Monterey Jack Cheese** over the top of the casserole and bake until the casserole is bubbling around the edges and the cheese is melted, about 5 more minutes. Serve the casserole topped with the sliced steak.

*Love this recipe?
#meezmagic*

Instructions for two servings.

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

Triple Mushroom Flatbread Pizza

Ever wonder what they teach in culinary school? Chef Max tells us it's all about the sauces, and this gorgonzola sauce was one his favorites. Rich, creamy, and the perfect way to make pizza night extra special.

25 Minutes to the Table

25 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

Large Skillet
Saucepan
Baking Sheet

FROM YOUR PANTRY

Olive Oil
1 ½ tsp Flour + More for
Dusting
½ Tbsp Butter

7 MEEZ CONTAINERS

Pizza Dough
Onion & Garlic
Mushrooms
White Wine
Mozzarella Cheese
Cream Sauce
Gorgonzola Cheese

Make The Meal Your Own

Kids and picky eaters can top their own flatbread with plain cheese, and as many veggies as they like. You may want to serve the gorgonzola sauce on the side.

Dedicated omnivores can add roasted chicken to this dish. Use it as a topper with the mushrooms.

Good To Know

We've been generous with the toppings. That's because everyone rolls their pizza out a little differently, and we want to be sure you have enough toppings to cover it all. Apply the toppings with a light hand and use the leftovers for another dish.

Health snapshot per serving - 630 Calories, 26g Protein, 6g Fiber, 22 Smart Points.

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

INGREDIENTS: Pizza Dough, Mushrooms, Red Onion, Mozzarella Cheese, Half and Half, White Wine, Gorgonzola Cheese, Concentrated Vegetable Stock, Garlic, Thyme

meezmeals

1. Getting Organized

Preheat your oven to 400 and take your **Pizza Dough** out of the refrigerator to warm up.

2. Shape and Bake Your Dough

Sprinkle your counter with a little flour and roll out your pizza dough into flatbreads. Transfer the dough onto a baking sheet. Bake for 10 minutes; remove, then turn the oven up to 450.

The size of the flatbread is up to you. We target ¼" thickness, and our two-person flatbreads are about 8" wide and 14" long.

3. Cook the Mushroom Topping & Assemble the Pizza

While the pizza dough is baking, start the mushroom topping. Heat 1 Tbsp olive oil in a large skillet over medium heat. Add the **Onion & Garlic** and cook for 2 minutes.

Add the **Mushrooms** and cook for 5 minutes. Add the **White Wine** and cook over high heat until the wine evaporates, then set aside.

Once the pizza dough is out of the oven, sprinkle with the **Mozzarella Cheese** and top with the cooked vegetables. Bake until the cheese melts, about 5 to 10 minutes.

4. Make the Gorgonzola Sauce

While the pizza is cooking, prepare the cream sauce. Melt ½ Tbsp butter in a saucepan over medium heat. Add 1 ½ tsp flour and whisk for a minute. Whisk in the **Cream Sauce** and **Gorgonzola Cheese**. Keep stirring and simmer until it thickens. Drizzle the flatbread with as much sauce as you'd like and enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Roasted Red Pepper Panzanella

It's no wonder members love our panzanellas. The Italian bread salads are hands free, hearty and the perfect canvas for whatever Chef Max can dream up. This time it's a creamy roasted red pepper sauce with carrots, parsnips, almonds and red kidney beans. It's hands-free heaven.

40 *Minutes to the Table*

5 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

2 Rimmed Baking Sheets
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Almonds
Baguette Cubes
Carrots & Parsnips
Kidney Beans
Red Pepper Sauce

Read Before You Begin

- **As soon as you think about dinner** – Preheat your oven to 400.
- **Panzanellas have been eaten in Italy for centuries.** Most folks believe they were developed out of the custom of soaking stale bread in water and serving with vegetables. We think Chef Max's red pepper sauce is a lot tastier than those original roots!
- **Cooking with a picky eater?** Let them try the red pepper sauce first. If they don't love it, serve it on the side and let them enjoy the bread and veggies with an olive oil drizzle, instead.
- **Health snapshot per serving** – 905 Calories, 38g Protein, 34g Fiber, 31 Smart Points
- **Lighten Up snapshot per serving** – 620 Calories, 26g Protein, 31g Fiber, 21 Smart Points, by using ½ the bread, sauce and nuts.
- **Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.MEEZ.

INGREDIENTS: Carrots, Parsnips, Baguette, Kidney Beans, Roasted Red Peppers, Cream, Parmesan, Almonds, Sherry Vinegar, Garlic

meez *meals*

1. Get Organized

Preheat your oven to 400.

2. Roast the Vegetables

Put the **Carrots & Parsnips** onto a rimmed baking sheet and drizzle with olive oil, salt and pepper. Bake until fork tender with lightly browned sides, about 20 to 30 minutes.

Add 1 Tbsp of olive oil, the **Kidney Beans** and the **Almonds** to the baking sheet and stir well. Bake until the beans are hot to touch, about 7 minutes.

3. Toast the Baguette

While the beans are cooking, put the **Baguette Cubes** into the large serving bowl and drizzle with 1 Tbsp olive oil, salt and pepper and toss well. Put onto a second baking sheet in a single layer and bake until lightly toasted, about 5 to 7 minutes.

4. Mix and Serve

Put 1/3 of the **Red Pepper Sauce** into your mixing bowl. Add the roasted vegetables, toasted bread and another 1/3 of the sauce. Mix well and add more sauce if you'd like.

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

That's it. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Roasted Brussels Sprout Tacos with Sriracha Aioli

An all-time member favorite, back by popular demand. We discovered the magical pairing of Brussels sprouts and sriracha aioli on a food-mission to Mercadito here in Chicago and had to put our spin on it for Meez. The creamy, spicy sauce is a wonderful counterpoint to shredded Brussels sprouts. Add in some baked tofu and feta, and it's a deliciously crazy cross-cultural taco dinner.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Small Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Brussels Sprouts
Baked Tofu
Aioli
Sriracha
Corn Tortillas
Feta

Make The Meal Your Own

We like the Sriracha aioli on its own, but if you want to add an extra layer of salt, try adding a splash of soy sauce.

Omnivore's Option – Bacon is a great fit for this meal. Just crisp it separately and add it to the tacos before serving.

Good To Know

The trick to the brussels sprouts is to have your pan really hot before adding them. Trust us, it makes a big difference.

If you're making the vegan version, we're skipping the feta and mayonnaise in the aioli. Add a little olive oil instead, or add 2 to 3 Tbsp vegan mayo per diner.

Health snapshot per serving – 425 Calories, 18g Protein, 61g Carbs, 358 g sodium, 8g Fiber, 12 Smart Points

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

INGREDIENTS: Brussels Sprouts, Baked Tofu, Corn Tortillas, Feta Cheese, Mayonnaise, Sriracha, Lime, Cinnamon

meez meals

1. Cook the Brussels Sprouts and Baked Tofu

Heat 2 Tbsp olive oil in a large skillet over medium-high heat. Once the skillet is very hot, add the **Brussels Sprouts** and cook until just tender, about 3 to 5 minutes. Set aside.

Add the **Baked Tofu** to the now-empty pan and cook until hot, 1 to 2 minutes.

2. Make the Aioli

Put the **Aioli** into a mixing bowl and stir in as much of the **Sriracha** as you'd like.

Sriracha is spicy. Start with a ¼ of the container and add more to taste.

3. Assemble the Tacos

Heat the **Corn Tortillas** directly over a gas burner (or in a small, dry skillet) for 15 to 30 seconds per side.

Fill the warm tortillas with the Brussels sprouts and tofu and top with sriracha aioli and **Feta**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Hawaiian Quesadilla

20 *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

Tortillas

Cheese

Corn & Pineapple

Spiced Beans

Good to Know

Want a simpler version of this? Skip the corn and pineapple and serve as a salsa on the side instead.

Health Snapshot per serving (serves 1)

640 Calories, 10g Fat, 15g Fiber, 20 Smart Points

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

INGREDIENTS: Flour Tortillas, Black Beans, Quesadilla Cheese, Corn, Pineapple, Water, Herbs and Spices

meezmeals

1. Getting Organized

Preheat your oven to 400.

2. Prep the Tortillas

Oil the baking sheet with 1 to 2 Tbsp 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.

3. Build the Quesadilla

Spread the **Spiced Black Beans** on the tortilla. Sprinkle the **Corn & Pineapple** on top of the beans and then top with **Cheese**. 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, 8 to 10 minutes. Flip the quesadilla, and cook an additional 3 to 4 minutes. Cut into wedges and serve. Enjoy!

Love this recipe? #meezmagic

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

Buttermilk Broccoli Salad

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

5 MEEZ CONTAINERS

Broccoli

Toasted Almonds

Cranberries

Red Onion

Buttermilk Dressing

Put It All Together

Toss the **Broccoli, Toasted Almonds, Cranberries** and **Red Onion** together in a mixing bowl with half of the **Buttermilk Dressing**. Mix well, then add salt and pepper, plus more dressing to taste. Enjoy!

Good to Know

Health Snapshot per serving (serves 2)

240 Calories, 12g Fat, 21g Carbs, 7g Protein
8 Smart Points

Have Questions?

We're standing by at 773.916.6339

INGREDIENTS: Broccoli, Buttermilk, Red Onion, Dried Cranberries, Mayonnaise, Almonds,
Cider Vinegar, Sugar

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