

## Health Snapshot

### Pasta with Spinach Pesto

620 Calories  
23g Protein  
40g Fat  
51g Carbs.  
12g Fiber  
554 mg Sodium

19 Smart Points

160% Vitamin C  
44% Folate  
74% Vitamin A

### Kung Pao Steak Tacos

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

20 Smart Points

157% Vitamin C  
61% Vitamin A  
25% Vitamin B12

### Himalayan Red Rice

600 Calories  
29g Protein  
35g Fat  
49g Carbs.  
10g Fiber  
1,444 Sodium

19 Smart Pts.

316% Vitamin A  
30% Calcium  
22% Folate

### Salmon Al Sugo Bianco

590 Calories  
35g Protein  
13g Fat  
56g Carbs.  
7g Fiber  
2,259mg Sodium

17 Smart Points

1% Vitamin B12  
12% Vitamin B6  
5% Calcium

### Chicken Calzone

740 Calories  
85g Protein  
24g Fat  
52g Carbs.  
7g Fiber  
1966 mg Sodium

19 Smart Points

25% Vitamin C  
0% Vitamin D  
6% Folate

### Lighten Up Option

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

#### Tacos

*½ tortillas, ½ kung pao sauce*

495 Calories  
23g Fat  
14 Smart Points

#### Calzone

*½ cheese mix and ½ pesto*

580 Calories  
15g Fat  
13 Smart Points

## Health Snapshot

### Mexican Pozole

515 Calories  
19g Protein  
13g Fat  
91g Carbs.  
12g Fiber  
754mg Sodium

17 Smart Points

176% Vitamin C  
103% Vitamin A

### Vegetable Pot Pie

730 Calories  
15g Protein  
3g Fat  
93g Carbs  
10g Fiber  
848mg Sodium

25 Smart Points

455% Vitamin A  
60% Vitamin C  
31% Vitamin B6

### Smoky Tomato Salsa Chicken

630 Calories  
55g Protein  
19g Fat  
60g Carbs.  
6g Fiber  
1150 mg Sodium

16 Smart Points

13% Vitamin B-6  
33% Folate  
9% Vitamin C

### Brussels Sprouts

280 Calories  
14g Protein  
15g Fat  
26g Carbs.  
11g Fiber  
315mg Sodium

9 Smart Points

278% Vitamin C  
32% Vitamin A  
32% Folate

### Roasted Squash Pizza

725 Calories  
45g Protein  
32g Fat  
66g Carbs.  
15g Fiber  
1753mg Sodium

24 Smart Points

223% Vitamin A  
51% Vitamin C  
10% Calcium

### 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 crust  
540 Calories  
13g Protein  
19g Fat  
75g Carbs  
18 SmartPoints

#### Salsa Chicken

Half the cornbread  
and ¾ of salsa  
500 Calories  
16g Fat  
13 Smart Points

#### Pizza

1/2 cheese, ½ alfredo  
474 Calories  
17g 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

### *Pasta with Spinach Pesto*

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

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

### *Salmon Al Sugo Bianco*

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

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

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

### *Kung Pao Steak Tacos*

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

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

### *Himalayan Red Rice with Bangkok Basil Crunch*

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<b>35 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 425 and bring water to a boil.

**Omnivore Option** Chicken drumsticks are great in this.

### *Cheesy Chicken and Basil Calzone*

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<b>40 Min</b> to Table	<b>20 Min</b> Hands On	<b>2 Whisks</b> Easy
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**Getting Started** Preheat your oven to 400.

**Meal Tip** Picky eaters might prefer tomato sauce.

  
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### *Mexican Pozole*

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<b>30 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 400.

**Omnivore Option** Ground Beef or Pork are great in this meal.

**Make Ahead Tip** Much of this meal can be made ahead.

### *Roasted Squash Personal Pizza*

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<b>30 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 425 & take the dough out of the fridge.

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

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

### *Vegetable Pot Pie*

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<b>45 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Easy
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**Getting Started** Preheat your oven to 400.

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

**From Your Pantry** You'll need  $\frac{3}{4}$  tbsp of flour per serving.

### *Smoky Tomato Salsa Chicken*

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<b>30 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 400.

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

### *Balsamic Glazed Brussels Sprouts*

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<b>30 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat oven to 450..

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

# Himalayan Red Rice with Bangkok Basil Crunch

Our favorite rice bowl. It all starts with an Asian-inspired basil crunch made from plenty of fresh basil, ginger, coconut and ground peanuts, mixed up with Himalayan red rice, baked organic tofu and roasted kale. Unusual and totally delicious.

**35** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

- 2 Rimmmed Baking Sheets
- Saucepan

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 5 MEEZ CONTAINERS

- Basil Peanut Crunch
- Red Rice
- Kale
- Tofu
- Coconut

## Make The Meal Your Own

**Want to get dinner on the table in a flash?** Cook the red rice up to two days in advance.

**Kids and picky eaters** will enjoy this dinner deconstructed - everyone can eat the parts they love best.

**Dedicated omnivores** can serve this up with chicken drumsticks, baked and served with the same sauce.

## Good To Know

**Health snapshot per serving** – 600 Calories, 29g Protein, 10g Fiber, 19 Smart Points

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

INGREDIENTS: Organic Tofu, Kale, Himalayan Red Rice, Peanuts, Coconut Milk, Coconut, Tamari Sauce, Rice Wine Vinegar, Brown Sugar, Basil, Ginger, Sesame Oil, Garlic, Spices

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### 1. Getting Organized

Preheat your oven to 425, put a saucepan of water on to boil and take the **Basil Peanut Crunch** out of the refrigerator to warm up.

### 2. Cook the Red Rice

Salt the boiling water and add the **Red Rice**. Simmer uncovered until tender, about 20 to 25 minutes. Drain, return to the pot and let sit, covered, for 5 minutes.

### 3. Roast the Kale, Tofu and Coconut

Put the **Kale** on a rimmed baking sheet and drizzle with olive oil, salt and pepper. Cook until it just starts to crisp at the edges, about 12 to 15 minutes.

Start the tofu as soon as the kale goes into the oven. Put the **Tofu** on to a rimmed baking sheet. Drizzle with olive oil and arrange in a single layer, then bake until it's golden brown at the edges and puffs a little, about 7 to 15 minutes. When the tofu is about 3 minutes away from coming out of the oven, add the **Coconut** to the baking sheet. Bake until fragrant and golden brown, about 3 minutes.

### 4. Put It All Together

Serve the rice topped with the kale, tofu and half of the **Basil Peanut Crunch**. Mix together, then add more basil peanut crunch to taste. Serve topped with the toasted coconut. Enjoy!

*Love this recipe? #meezmagic*

*We like to line our baking sheets with parchment to make clean up easier.*

*Keep an eye on the coconut while it cooks! Even Chef Max has burned it once or twice.*

Instructions for two servings.

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

## Mexican Pozole

Mexican comfort food at its best. We're making our version of the classic stew with corn, hominy, black beans, tiny cauliflower bits and plenty of cilantro crema. It's a cozy dinner that's just right for a cold night.

**30** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Large Saucepan or  
Dutch Oven

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 6 MEEZ CONTAINERS

Carrots & Celery  
Cauliflower  
Wine Mix  
Corn & Hominy  
Beans & Tomatoes  
Cilantro Crema

### Make The Meal Your Own

**Want to make the meal more fun?** Serve with tortilla chips as dippers.

**Omnivore's Option** – Ground pork or ground beef are traditional additions. Brown the meat with the cauliflower in step 2.

**Make ahead tip** – Cook all the vegetables (up through the first half of step 2). Add the corn, hominy, beans and tomatoes, but stop there. When you're ready to eat, add the water and heat everything together.

**Like it hot?** Add a pinch or two of crushed red pepper to your pozole once it's cooked.

### Good To Know

**If you're making the vegan version**, we've given you cilantro instead of the crema. Sprinkle it on top or mix it with soy yogurt for a creamier finish.

**Don't know what Hominy is?** Hominy is made from corn kernels that have been soaked in a lime solution to soften their outer hulls. The result is super puffed up corn that we just love!

**Health snapshot per serving** – 515 Calories, 19g Protein, 13g Fat, 12g Fiber, 17 Smart Points

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

INGREDIENTS: Cauliflower, Tomato, Black Beans, Onion, Corn, Hominy, Carrot, Celery, Sour Cream, White Wine, Cider Vinegar, Cilantro, Garlic, Lime Juice, Brown Sugar, Herbs and Spices

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### 1. Getting Organized

Heat 2 Tbsp of oil in a large saucepan or Dutch oven on high heat.

### 2. Make the Pozole

Add **Carrots & Celery** to the pan and cook for 5 minutes on high, stirring 2 or 3 times while it cooks. Add the **Cauliflower** and cook until browned, stirring frequently, for 7 to 9 minutes. Add the **Wine Mix** and bring to a boil. Once boiling, reduce the heat and simmer for 2 minutes.

Add **Corn & Hominy, Beans & Tomatoes** and 1¼ cups water. Bring to a boil and then reduce to a simmer and cook for 15 minutes, until the pozole thickens slightly. Season with salt and pepper to taste.

### 3. Put It All Together

Spoon the pozole into bowls and mix a spoonful of **Cilantro Crema** into each bowl to make a creamy stew. Top with additional crema to taste. Enjoy!

*The cauliflower is the key to developing a deep flavor in this recipe, so be sure it's nicely browned in places before adding the wine mix.*

*Love this recipe? #meezmagic*

Instructions for two servings.

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



# Kung Pao Steak Tacos

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

**15** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

- Large Skillet
- Small Skillet (optional)

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 5 MEEZ CONTAINERS

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

## Make The Meal Your Own

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

**It's important to let the steaks rest** to keep them tender and juicy. Give them at least 3 to 5 minutes off the heat before you slice and serve.

## Good To Know

**Be sure to generously season your steak** with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. Chef Max recommends using ½ tsp of each.

**Health snapshot per serving** – 655 Calories, 28g Fat, 40g Protein, 63g Carbs, 20 Smart Points

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

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

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

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## 1. Cook the Steak

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

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

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

After the steaks have rested, place them horizontally on a cutting board. Using a sharp knife, cut the steaks into even strips (we aim for ½" x 1" pieces). Toss the strips with the sauce and broccoli slaw.

## 2. Heat the Tortillas

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

## 3. Put It All Together

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

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

*Beef continues to cook as it rests, so remove it from the heat when it's a little less done than you like to prevent it from overcooking.*

Instructions for two servings.

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

# Smoky Tomato Salsa Chicken

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

**30** Minutes to the Table

**20** Minutes Hands On

**1 Whisks** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Sheet Pan

### FROM YOUR PANTRY

Vegetable Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

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

## Make The Meal Your Own

**Our cage-free chickens thrive on an all-natural diet.** They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

## Good To Know

**Be sure to generously season your chicken** with salt and pepper before cooking. Chef Max recommends using  $\frac{1}{4}$  tsp of each.

**Health snapshot per serving** – 630 Calories, 20g Fat, 55g Protein, 60g Carbs, 16 Smart Points

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

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

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

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## 1. Getting Organized

Preheat your oven to 400.

## 2. Prep the Chicken

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

Heat 1 tsp oil in a skillet over high heat. When the oil is hot, add the chicken to the pan. Cook, without moving or flipping, until the bottom is browned and each piece begins to color up the side, about 4 minutes. Flip and continue cooking until the other side is well browned, about 3 more minutes. Turn off the heat and place chicken on serving platter to rest.

## 3. Make the Smoky Tomato Salsa

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

## 4. Corn Bread Crumbles

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

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

## 5. Put It All Together

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

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Salmon Al Sugo Bianco

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

**35** Minutes to the Table

**25** Minutes Hands On

**2 Whisks** Easy

## Getting Organized

### EQUIPMENT

Saucepan  
Large Skillet  
Shallow Pie Pan or Plate  
Medium Skillet

### FROM YOUR PANTRY

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

### 5 MEEZ CONTAINERS

Mushrooms  
Linguine  
Onions & Garlic  
Wine Stock  
Salmon

## Make The Meal Your Own

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

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

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

## Good To Know

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

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

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

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

*meez* meals

## 1. Getting Organized

Put a saucepan of water on to boil.

## 2. Cook the Mushrooms

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

## 3. Cook the Pasta

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

## 4. Make the Sauce

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

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

## 5. Dredge and Cook the Salmon

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

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

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

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

## 6. Put It All Together

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

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Vegetable Pot Pie

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

**45** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Casserole Dish or  
Loaf Pan

### FROM YOUR PANTRY

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

### 6 MEEZ CONTAINERS

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

## Make The Meal Your Own

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

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

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

## Good To Know

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

**Health snapshot per serving** – 730 Calories, 15g Protein, 31g Fat, 93g Carbs, 25 Smart Points.

**Lightened Up snapshot:** 540 Calories, 13g Protein, 19g Fat, 75g Carbs, 18 Smart Points, by using ½ the crust.

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

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

*meez* meals

### 1. Getting Organized

Preheat your oven to 400.

### 2. Make the Filling

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

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

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

### 3. Bake the Pot Pie

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

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

*Love this recipe? #meezmagic*

Instructions for two servings.

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



# Cheesy Chicken and Basil Calzone

This week we're cooking up a calzone stuffed with cage-free chicken, plenty of mozzarella and Parmesan and a delectable basil cream sauce. With cremini mushrooms and sundried tomatoes, it's a dinner just right for a cold winter night.

**40** Minutes to the Table

**20** Minutes Hands On

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Chicken Breast  
Cheese & Sundried  
Tomatoes  
Pizza Dough  
Mushrooms  
Basil Pesto

## Make The Meal Your Own

**Picky Eaters Tip** – If you're cooking with someone who doesn't love pesto, you can replace it with their favorite tomato sauce.

**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.

## Good To Know

**Be sure to generously season your chicken** with salt and pepper before cooking. Chef Max recommends using ½ tsp of each.

**Health snapshot per serving** – 740 Calories, 24g Fat, 85g Protein, 52g Carbs, 19 Smart Points

**Lightened up snapshot** – 580 Calories, 15g Fat and 13 Smart Points with ½ the Cheese and Sundried Tomatoes, and ½ the pesto.

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

INGREDIENTS: Free-Range Chicken, Pizza Dough, Cremini Mushrooms, Parmesan, Heavy Cream, Mozzarella, Sundried Tomatoes, Basil, Lemon Juice, Garlic

meez meals

## 1. Getting Organized

Preheat your oven to 400.

## 2. Prep and Cook the Chicken

Slice the **Chicken Breast** into strips approximately 1/2" wide. Generously sprinkle with salt and pepper (we use 1/4 tsp salt and 1/4 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.

## 3. Cook the Mushrooms

Return the skillet to the stove over medium-high heat. Add the **Mushrooms** and cook until brown, about 5 minutes.

*Don't wipe out the skillet. The juices from the chicken add great flavor to the mushrooms.*

## 4. Assemble the Calzone

On a floured surface, cut the **Pizza Dough** in four pieces and roll each piece into a round about 1/4"-1/2" thick. Transfer to a parchment-lined (or foil-lined) baking sheet. Leaving a 1/2" inch edge, top one side of each piece of dough with cooked chicken, and the mushrooms, **Cheese and Sundried Tomatoes** and **Basil Pesto**. Fold the other side of the dough over the filling to create a half-moon. Starting at one end of each calzone (working with about 2 inches of dough at a time), roll the bottom edge up and in to create a seal.

*Don't worry if your calzones aren't a work of art. The key is making sure the edges are sealed so the filling doesn't leak out.*

Brush the top and edge of each calzone with oil. Using the tip of a knife, cut just through the surface to create 3 small slits in the top of each calzone.

## 5. Bake the Calzones

Bake 15 to 18 minutes until golden brown. Let cool 5 minutes before serving.

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Pasta with Spinach Pesto

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

**35** *Minutes to the Table*

**5** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Saucepan  
Rimmed Baking  
Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Cauliflower  
Whole Grain Pasta  
Spinach Pesto  
Pecans  
Parmesan Cheese

## Make The Meal Your Own

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

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

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

## Good To Know

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

**If you're making the vegan version**, we've left the Parmesan out of your meal. Just use an extra pinch of salt and pepper as you cook.

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

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

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

meezmeals

## 1. Getting Organized

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

## 2. Roast the Cauliflower

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

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

## 3. Cook the Pasta

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

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

## 4. Put It All Together

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

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

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

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Roasted Squash Pizza

**30** *Minutes to the Table*  
**10** *Minutes Hands On*  
**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Baking Sheet

### FROM YOUR PANTRY

Olive Oil

Flour

### 4 MEEZ CONTAINERS

Butternut Squash

WW Pizza Dough

White Bean

Alfredo

Mozzarella &

Parmesan

## Good to Know

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

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

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

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

24 Smart Points

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

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

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

meezmeals

### 1. Getting Organized

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

### 2. Roast the Squash

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

### 3. Make the Pizza

While the squash is cooking, sprinkle your counter with a little flour and stretch the **Pizza Dough** into shape. The size and thickness are up to you, but we target about ¼" thickness. Our pizzas are usually about 4" wide and 7" long, but you can make yours however you like it.

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

*Love this recipe? #meezmagic*

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# Balsamic-Glazed Brussels Sprouts

**30** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Baking Sheet

### FROM YOUR PANTRY

Salt & Pepper  
Vegetable Oil

### 4 MEEZ CONTAINERS

Brussels Sprouts  
Balsamic  
Vinaigrette  
Almonds  
Parmesan Cheese

## Make This Meal Your Own

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

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

## Good to Know

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

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

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

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

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

meezmeals

### 1. **Getting Started**

Preheat your oven to 450.

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

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

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

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

*Love this recipe? #meezmagic*

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