

Pasta with Roasted Feta Sauce

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

"The feta pasta rocked our socks!!" Yep, we have to agree. This is a whole new way to make a pasta sauce. It starts with roasted feta that gets mixed up with lemon and parsley oil to create a delicious sauce that's perfect with sautéed mushrooms, roasted red peppers and whole-wheat shells. It's a super fast, super delicious dinner.

Getting Organized

EQUIPMENT

Large Skillet
Saucepan
Rimmed Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Mushrooms & Green Onions
Whole Wheat Shells
Feta
Lemon & Pepper Oil

Make The Meal Your Own

Kids and picky eaters tip – This sauce is just as delicious with other vegetables. If you have a diner who doesn't love mushrooms, try broccoli or cauliflower, instead.

Omnivore's Option – Shrimp would be great with this. Cook separately and mix in at the end.

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 feta out of your meal. Adding a sprinkle of pecans, walnuts, or almonds would give great body at home.

Health snapshot per serving – 780 Calories, 30 Protein, 10g Fiber, 21 WW+ Points

Lightened up snapshot – 500 Calories, 10 g Fat and 14 WW+ Points when you leave out the cheese and only use half of the pasta.

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

INGREDIENTS: Mushrooms, Whole Wheat Pasta, Feta Cheese, Green Onions, Roasted Red Peppers, Olive Oil, Lemon, Parsley, Concentrated Vegetable Stock

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1. Getting Organized

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

2. Sauté the Mushrooms & Green Onions

Heat 2 Tbsp of olive oil over high heat. Add the **Mushrooms & Green Onions** and cook until golden brown, about 10 to 12 minutes.

*Stir every 3 minutes.
Stirring less frequently
will brown the mushrooms
better.*

3. Cook the Shells

Salt the boiling water and add the **Whole Wheat Shells**. Cook until al dente, about 8 to 10 minutes. Drain and set aside.

*Shells have a tendency to
stick, so stir while
cooking.*

4. Bake the Feta

Oil an oven-safe skillet or rimmed baking sheet and add the **Feta** in a single layer. Bake until lightly golden brown at the edges, about 7 to 12 minutes.

*If you have a convection
setting, go ahead and use it
for the feta.*

5. Put It All Together

Add the hot feta to the sautéed mushrooms and pour the **Lemon & Pepper Oil** over top. Mix well and serve over the pasta. Add more oil if you'd like and enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by November 16

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 fall.

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

Mirepoix
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 would be 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 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 – 420 Calories, 15g Protein, 5g Fat, 20g Fiber, 10 WW+ Points

Lightened up snapshot – 385 Calories, 15g Protein, 5 g Fat, 9 WW+ Points when using half the cilantro crema.

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 **Mirepoix** to the pan and cook for 5 minutes on high, stirring 2 or 3 times while it cooks. Add the **Cauliflower** and cook for 7 to 9 minutes, stirring frequently, until browned. 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 1 ¼* cup 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 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 * Prepare by November 16

Sesame Ginger Broccoli with Blackened Tofu

Broccoli and Asian flavors were made for each other, especially when those Asian flavors are ginger and sesame oil. Together, they make for a bright, complex sauce that we can't stop eating. We're serving it with udon noodles, blackened tofu and a fresh nut and herb topping. (Don't love spice? Don't worry! This tofu is flavorful but doesn't pack a punch.)

25 Minutes to the Table

25 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Saucepan
Rimmed Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Seasoned Tofu
Udon Noodles
Broccoli
Sesame Ginger Sauce
Herbs & Nuts

Make The Meal Your Own

Kids and picky eaters tip – Toss their portion with plain sesame oil, instead.

Omnivore's Option – Fish is perfect with this recipe. Grilled salmon would be Chef Max's choice. Serve the sauce over top and finish with the herbs & nuts.

Good To Know

If you're making the gluten-free version, we've given you rice noodles. Soak them in hot water for 15-20 minutes before tossing with the rest of the ingredients.

Health snapshot per serving –410 Calories, 20g Protein, 5g Fiber, 11 WW+ Points

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

INGREDIENTS: Broccoli, Organic Tofu, Coconut Milk, Udon Noodles, Cashews, Lime, Ginger, Soy Sauce, Herbs, Sesame Oil, Miso, Brown Sugar, Spices, Cornstarch

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1. Getting Organized

Put a saucepan of water on to boil and preheat your oven to 375.

2. Bake the Tofu

Put the **Seasoned Tofu** on to a rimmed baking sheet with 1 ½ Tbsp of olive oil. Mix gently, and then bake on the top rack until blackened, about 15 to 20 minutes.

Be gentle as you mix so the tofu doesn't break apart.

3. Cook the Udon Noodles

When the tofu is just about done, salt the boiling water and add the **Udon Noodles**. Cook until al dente, about 10 minutes, then drain.

4. Sauté the Broccoli

While the udon noodles are cooking, heat 2 Tbsp olive oil in a large skillet. When it's good and hot, add the **Broccoli** and cook until tender, 5 to 8 minutes, then set aside in a separate pan or bowl.

Test if the oil is hot enough by adding a few grains of salt. When they sizzle, it's ready to cook.

5. Simmer the Sauce

Add the **Sesame Ginger Sauce** to the now-empty skillet and bring to a boil. Lower the heat to a simmer and cook until it thickens to a gravy-like consistency, about 5 to 8 minutes.

Add the noodles, broccoli and tofu and mix well. Serve topped with the **Herbs & Nuts** and enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by November 16

Tuscan Spaghetti Squash

Classic Italian flavors, baked up in a delicious casserole. We're replacing the noodles of a classic Italian pasta bake with spaghetti squash, and then combining it with hearty tomato sauce and meaty chickpeas before topping it all with creamy mozzarella. Some might call this a crustless pizza casserole, others call it baked "spaghetti" - we just call it delicious.

50 Minutes to the Table

20 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Skillet
Casserole Dish or
Dutch Oven

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Spaghetti Squash
Chickpeas & Onions
Tomato Sauce
Mozzarella
Parsley

Make The Meal Your Own

This is a great make-ahead dinner. You can cook the squash in advance and assemble the casserole when you're ready to eat. Or, you can prep everything in the casserole dish, but leave the final 10 minutes of baking with the cheese for when you're ready to serve.

Kids tip – Once the spaghetti squash has cooled a bit, let your kids help pull the squash strands away from the skin. They'll get a kick out of the transformation and will be excited to try a vegetable that looks like noodles.

Omnivore's Option – Ground sausage would be a great addition to this dish. Crumble and cook with the chickpeas and onions.

Good To Know

A note on pans. If you don't have a Dutch oven with a lid, cover your spaghetti squash with foil while it bakes.

Health snapshot per serving – 435 Calories, 20g Protein, 10g Fiber, 11 WW+ Points

Lightened up snapshot – 385 Calories, 5g Fat and 9 WW+ points with half the mozzarella.

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

INGREDIENTS: Spaghetti Squash, Chickpeas, Tomatoes, Onion, Mozzarella, White Wine, Parsley, Garlic, Vegetable Base, Herbs and Spices

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1. Getting Organized

Preheat your oven to 375.

2. Cook the Squash

Put the **Spaghetti Squash** pieces skin side up in a casserole dish and add ½ cup of water. Cover and cook for 20 to 25 minutes until the squash strings off easily when you run a fork on it. Remove the squash to a colander and run under cold water for 3 to 5 minutes until it's cool enough to handle. Use a fork to pull the squash away from the skin into spaghetti-like strands. Discard the skin. Drain any excess water from the pan and set it aside – you'll need it again to bake the casserole.

You can use the microwave to save time on this step. Just put the squash on a microwave-safe dish, add the water, cover and heat for 5 to 10 minutes.

3. Make the Casserole

Heat 2 Tbsp olive oil in a large skillet on high heat. Add the **Chickpeas & Onions** to the pan and cook 6 to 8 minutes, stirring occasionally, until well caramelized.

Reduce the heat to medium and add the **Tomato Sauce**. Cook for 5 to 8 minutes or until slightly thickened. Stir the squash into the pan.

4. Put It All Together

Transfer all of the ingredients to the casserole dish. Sprinkle the **Mozzarella Cheese** evenly over the top and bake for 10 to 15 minutes until it's bubbling and the cheese is starting to brown. Serve topped with **Parsley**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by November 16

Apple and Fontina Unda

Haven't heard of an unda? It's part omelet, part taco and one of our favorite ways to fill a tortilla. It starts with an egg that gets cooked right onto a corn tortilla. Then we're stuffing it with sautéed apples, roasted Brussels sprouts and melty fontina cheese. It's offbeat and crazy good.

25 Minutes to the Table

25 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Baking Sheet
2 Skillets

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
4 Eggs (optional)

5 MEEZ CONTAINERS

Apple
Brussels Sprouts
Corn Tortillas
Cranberry Aioli
Pecan & Feta Mix

Make The Meal Your Own

Cooking with a picky eater? The undas are great simply topped with cheese.

Omnivore's Option – Pork would be a natural addition to this recipe. Bacon, prosciutto and even pork loin would all work, too.

Good To Know

if you're making the vegan version, leave out the eggs. These are still delicious as traditional tacos.

Health snapshot per serving – 800 Calories, 20g Protein, 20g Fiber, 22 WW+ Points

Lightened up snapshot – 450 Calories, 20g Fat and 12 WW+ points with no nuts and half of the aioli.

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

INGREDIENTS: Brussels Sprouts, Corn Tortillas, Apple, Mayonnaise, Feta Cheese, Pecans, Cranberries, Brown Sugar, White Spices

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1. Getting Organized

Preheat your oven to 425.

2. Roast the Brussels Sprouts

Put the **Brussels Sprouts** on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Cook until crispy on the edges, about 12 to 20 minutes.

3. Sauté the Apple

While the sprouts are cooking, rinse the **Apple** under cold water. Cut each apple into quarters, then dice each quarter. Heat 1 Tbsp olive oil in a large skillet over high heat. Add the apples and cook until they are just tender, about 3 minutes. Set aside until the brussels sprouts are done cooking, then add the apples to the sprouts. Mix together, and set aside.

To dice our apples, we cut each quarter into 3 slices, and then cut each of those slices into 4 pieces.

4. Make the Unda

While the apples are cooking, heat 1 Tbsp vegetable oil in your smallest skillet over medium heat. Break 1 egg into a bowl and add a pinch of salt. Give it a good whisk, then pour it into the pan. Let it set for 10 to 15 seconds, then put a **Corn Tortilla** on top of the egg.

The tortilla will stick to the egg because the egg is soft and runny, which is what we want.

Cook the pair for a few more seconds, until the egg seems like it has set. Flip the egg and tortilla combination and cook until the tortilla is golden. Set aside until you've cooked all of your tortillas.

5. Put It all Together

Fill each unda with the roasted sprouts and apples and top with the **Cranberry Aioli** and **Pecan & Feta Mix**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by November 16

Edamame Hummus with Fresh Pita

10 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Salt & Pepper

Olive Oil

3 MEEZ CONTAINERS

Whole Wheat

Pita Dough

Edamame

Hummus

Olive Tapenade

Make This Meal Your Own

If you want to use less oil, you can use cooking spray in your skillet to brown the pita. Just be sure to add additional spray in between batches.

Good to Know

Health Snapshot per serving (serves 2)

290 Calories, 20g Carbs, 10g Protein, 8 WW+ Points

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

INGREDIENTS: Whole Wheat Pita Dough, Edamame, Tahini, Kalamata Olives, Lemon Juice, Green Onion, Garlic, Spices

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1. **Getting Started**

Heat 1 Tbsp of olive oil in a large skillet over high heat.

2. **Make the Pita**

While the oil is heating, shape the **Whole Wheat Pita Dough** into 4 balls. Flatten them into ½" thick disks, and cook them two at a time for 3 to 5 minutes, until golden brown. Flip them and cook for 2 more minutes. Repeat until you've cooked all the dough.

3. **Put It All Together**

Drizzle 1 to 2 Tbsp of olive oil on top of the **Edamame Hummus** and add plenty of salt and pepper to taste (It's an important step.)

Serve the hummus with the warm pita and top with **Olive Tapenade** to taste. Enjoy!

Cook by November 16

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

Quinoa & Black Bean Mexican Salad

10 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

Olive Oil

5 MEEZ CONTAINERS

Corn Tortillas

Veggie Mix

Quinoa

Cilantro

Vinaigrette

Queso Fresco

Make This Meal Your Own

Make ahead tip – Toast the tortillas ahead of time. The salad will be ready in a flash.

Good to Know

Health snapshot per serving

670 Calories, 70g Carbs, 20g Protein, 30g Fat

18 WW+ Points

Lightened up snapshot

495 Calories, 10g Protein, 25g Fat, 13 WW+ Points with no cheese or tortillas.

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

INGREDIENTS: Carrots, Kohlrabi, Corn, Black Beans, Corn Tortillas, Quinoa, Olive Oil, Queso Fresco, Lime, Apple Cider Vinegar, Cilantro, Brown Sugar, Garlic, Spices

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1. **Toast the Tortillas**

Put the **Corn Tortillas** into a mixing bowl with 2 Tbsp olive oil and a generous pinch of salt and pepper. Toss well, then toast in a toaster oven until crispy on the outside.

2. **Put It All Together**

Toss the **Veggies** with the **Quinoa** and half of the **Cilantro Vinaigrette**. Break up the tortillas and sprinkle on top. Add salt and pepper, **Queso Fresco**, and more vinaigrette to taste. Enjoy!

Love this recipe? #meezmagic

Cook by November 16

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

Double Green Caesar Salad

10 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting

Organized

EQUIPMENT

Mixing Bowl
Baking Sheet
Large Skillet

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

4 MEEZ

CONTAINERS

Bread Cubes
Radishes
Kale & Spinach
Caesar Dressing

INGREDIENTS: Kale, Spinach, Sourdough Bread, Olive Oil, Radish,
Parmesan, White Wine Vinegar, Lemon Juice, Miso,
Black Pepper

Good to Know

Turn this side into an entree, by topping with a hard-boiled or poached egg, grilled chicken, salmon or shrimp.

Want to toss and serve? Take 10 minutes to toast the croutons and sauté the greens in advance.

Health snapshot per serving (serves 2)

344 Calories, 10g Protein, 5g Fiber, 21g Fat,
9 WW+ Points

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

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1. Getting Started

Preheat your oven to 400.

2. Make the Croutons

Toss the **Bread Cubes** with 2 Tbsp of olive oil and a generous pinch of salt and pepper. Mix thoroughly until coated.

Spread bread cubes in a single layer on a baking sheet and bake for 7 to 10 minutes until golden brown.

3. Cook the Greens

Heat a large skillet on medium high heat with 1 Tbsp of oil. Mix in the **Kale & Spinach** and cook until partially wilted. Remove the greens and chickpeas to a bowl and refrigerate for 5 minutes.

3. Put It All Together

When ready to serve, toss greens with the **Radishes**, croutons, and half the **Caesar Dressing**. Add more dressing and salt and pepper to taste.

Love this recipe? #meezmagic

Prepare by November 16

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

Pumpkin Bread with Spiced Brown Sugar Butter

Getting Organized

EQUIPMENT

8 x 8 or 9 x 9 Baking
Pan

FROM YOUR PANTRY

2 Eggs
½ Cup (1 stick)
Melted Butter
Butter or Spray Oil

3 MEEZ CONTAINERS

Bread Mix
Pumpkin Mix
Brown Sugar
Butter

INGREDIENTS: Pumpkin, Flour, Granulated Sugar, White Chocolate Chips,
Sour Cream, Brown Sugar, Baking Soda, Almond Extract,
Vanilla, Spices

45 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Good to Know

Prefer muffins? Cook these up in muffin tins for 20 to 30 minutes. If you have cupcake liners, make sure to use them. Otherwise, spray or butter the muffin tins before you pour in the batter.

Health Snapshot per serving (serves 4)

540 Calories, 30g Fat, 70g Carbs, 35 g Sugar
15 WW+ Points

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

meezmeals

1. **Getting Started**

Preheat your oven to 350 and oil or butter your baking pan. Take the **Brown Sugar Butter** out of the fridge to warm up.

2. **Bake the Bread**

Put the **Bread Mix** into a large mixing bowl and stir.

Add the **Pumpkin Mix**, along with 2 eggs and ½ cup melted butter. Mix until just incorporated and pour into the prepared pan.

Bake until a toothpick comes out clean, 30-40 minutes. Let cool.

3. **Put It All Together**

When ready to serve, spread a thin layer of the brown sugar butter on each piece of pumpkin bread. A little goes a long way, so spread it thin. Enjoy!

Love this recipe? #meezmagic

Prepare by November 16

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

Health Snapshot

Pasta with Roasted Feta	Pozole	Broccoli Udon	Spaghetti Squash	Apple Fontina Unda
780 Calories	420 Calories	410 Calories	435 Calories	800 Calories
30 g Protein	15 g Protein	20 g Protein	20 g Protein	20 g Protein
35 g Fat	15 g Fat	10 g Fat	10 g Fat	50 g Fat
85 g Carbs	70 g Carbs.	60 g Carbs	65 g Carbs.	80 g Carbs.
10 g Fiber	20 g Fiber	5 g Fiber	10 g Fiber	20 g Fiber
1,270 mg Sodium	900 mg Sodium	250 mg Sodium	1,445 mg Sod.	745 mg Sod.
21 WW+ Points	10 WW+ Points	12 WW+ Points	11 WW+ Points	22 WW+ Points
130% Vitamin C	70% Vitamin A	30% Vitamin A	60% Vitamin B-6	250% Vitamin C
30% Calcium	105% Vitamin C	30% Calcium	50% Vitamin C	325% Calcium
	50% Folate	50% Vitamin C	40% Folate	40% Vitamin A

Lighten Up Option

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

Pasta	Pozole	Broccoli Udon	Spaghetti Squash	Unda
No Cheese, $\frac{3}{4}$ Pasta	$\frac{1}{2}$ Cilantro Crema	No Changes	$\frac{1}{2}$ Mozzarella	No Pecan Mix, $\frac{1}{2}$ Aioli
500 Calories	385 Calories	410 Calories	385 Calories	450 Calories
20 g Fat	5 g Fat	10 g Fat	5 g Fat	20 g Fat
13 WW+ Points	9 WW+ Points	12 WW+ Points	9 WW+ Points	12 WW+ Points

Health Snapshot

Edamame Hummus

290 Calories
10 g Protein
20 g Fat
20 g Carbs.

8 WW+ Points

Quinoa & Black Bean Salad

670 Calories
20 g Protein
30 g Fat
70 g Carbs.

18 WW+ Points

235% Vitamin A
20% Calcium
15% Vitamin C

Double Green Caesar Salad

344 Calories
10 g Protein
21 g Fat
27 g Carbs.

9 WW+ Points

110% Vitamin C
50% Folate
30% Calcium

Pumpkin Bread

540 Calories
30 g Fat
70 g Carbs.
35 g Sugar

15 WW+ 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.