

Roasted Red Pepper Spaghetti with Squash and Spinach

There's something magical about roasted red peppers: they make for a creamy pasta sauce without any cream. They're the stars of our pasta sauce this week with plenty of thyme and sherry vinegar, plus fresh spinach and roasted butternut squash. Tossed with spaghetti and just 15 minutes hands on, it's a meal just right for a busy week!

30 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Butternut Squash
Parmesan Cheese
Red Pepper Sauce
Spinach
Whole Wheat Spaghetti

Make the Meal Your Own

- **If you're making the gluten-free version**, we've given you gluten-free pasta.
- **Cooking with a picky eater?** Heat the red pepper sauce separately from the spinach so each diner can add it to his or her own tastes.
- **If you're making the vegan version**, we've left the cheese out of your meal.
- **Making this after Thanksgiving?** Leftover turkey would be delicious. Shred it and add it to the skillet with the spinach.

Good to Know

- **Health snapshot per serving** – 300 Calories, 10g Protein, 20g Fat, 11 WW+ Points.
- **Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Butternut Squash, Spinach, Roasted Red Peppers, Whole Wheat Spaghetti, Parmesan, Sherry Vinegar, Brown Sugar, Almonds, Kalamata Olives, Garlic, Herbs and Spices

meez *meals*

1. Get Organized

Preheat your oven to 425 and put a saucepan of water on to boil.

2. Roast the Butternut Squash

Put the **Butternut Squash** on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss well, then arrange in a single layer. Bake until lightly caramelized at the edges, about 20 to 25 minutes.

Stir the butternut squash once, about halfway through cooking.

3. Cook the Spaghetti

When the squash has been cooking for about 15 minutes, salt your boiling water, then add the **Whole Wheat Spaghetti**. Cook until al dente, about 7 to 9 minutes. Drain and set aside.

Spaghetti has a tendency to stick, so be sure to stir it during the first few minutes of cooking.

4. Make the Sauce

Once the spaghetti is cooking, heat 1 Tbsp olive oil in a large skillet over medium high heat. Add the **Spinach** and cook until it wilts, 2 to 5 minutes, stirring constantly.

Use a pair of tongs to put everything together smoothly!

Add the **Red Pepper Sauce** and half of the **Parmesan Cheese**. Cook it for a minute, then turn the heat off and add the cooked spaghetti. Stir it well, then mix in the roasted squash and serve topped with the remaining Parmesan. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by November 30

Quinoa with Asiago Roasted Vegetables

Dinner doesn't get any easier, or more delicious, than this. Chef Max's Asiago vinaigrette adds a spark that makes roasted peppers, broccoli and tomatoes irresistible. We're tossing it all with crunchy croutons, toasted quinoa and shaved Parmesan for a ridiculously tasty dinner we just love.

25 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Rimmed Baking
Sheet(s)
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Broccoli & Tomatoes
Peppers & Quinoa
Cannellini Beans
Bread Cubes
Asiago Vinaigrette
Parmesan Cheese

Make The Meal Your Own

Want to get a jump on dinner? Cook this ahead and serve as a cold salad.

Cooking for Thanksgiving? This makes a great side dish, as well as a light entrée. If you have leftover turkey, add it for a post-Thanksgiving lunch.

Cooking with a picky eater? Top with a dressing they already love, instead.

Have leftovers? Members tell us they love this dish served cold with chicken and raw spinach.

Good To Know

Health snapshot per serving – 630 Calories, 35g Protein, 20g Fiber, 15 WW+ Points

Lightened up snapshot – 440 Calories, 5 g Fat and 11 WW+ Points when you leave out the parmesan cheese and ½ of the bread cubes.

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

INGREDIENTS: Bell Peppers, Cannellini Beans, Broccoli, Quinoa, Bread, Asiago Cheese, Parmesan Cheese, White Wine Vinegar, Tomatoes, Green Onions, Olive Oil, Lemon, Miso, Garlic, Spices

meez *meals*

1. Getting Organized

Preheat your oven to 400.

2. Roast the Vegetables

Put the **Broccoli & Tomatoes, Peppers & Quinoa** and **Cannellini Beans** into a large mixing bowl and drizzle with olive oil, salt and pepper. Toss well, then arrange on a rimmed baking sheet (or two) in a single layer. Cook until the tomatoes burst, the peppers are lightly browned and the broccoli is a little crispy, 15 to 20 minutes, then return to the large mixing bowl.

We're cooking the quinoa right along with the vegetables. It's a hands-free trick that gives the quinoa a crunchy, nutty texture.

3. Make the Croutons

While the vegetables are roasting, mix 2 *Tbsp olive oil, 2 pinches of salt and 2 big pinches of pepper (** 1 svg is 1/1/1, 4 svg is 3 Tbsp olive oil, 3 pinches of salt and 2 pinches of pepper**) in a mixing bowl and add the **Bread Cubes**. Stir it all together, then transfer to a baking sheet and arrange in a single layer. Bake until lightly crunchy, about 7 to 10 minutes.

4. Put It All Together

Toss the cooked vegetables with half of the **Asiago Vinaigrette**. Serve topped with the croutons, **Parmesan Cheese** and more vinaigrette to taste. Enjoy!

Love this recipe? #meezmagic

Instructions for two* servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by November 30

Black Bean & Sweet Potato Chili with Cornbread Crumbles

There's something irresistible about a black bean chili cooked up with roasted sweet potatoes. But serving it topped with toasted cornbread crumbles, lime crema and roasted leeks? Pure heaven.

45 Minutes to the Table

15 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Casserole Dish
Rimmed Baking Sheet
Heavy Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Cornbread
Leeks
Lime Crema
Mirepoix
Sweet Potatoes
Tomato Sauce

Make The Meal Your Own

Picky Eaters Tip – This dinner is a crowd pleaser, but serve the crema and crispy leeks on the side for anyone who might not love them.

Omnivore's Option – Ground beef would be a tasty addition. Cook it up with the mirepoix.

Make Ahead Tip – This is a great make-ahead meal. Cook the chili (up through step 3) up to 4 days in advance and heat it up when you want a quick meal.

Good To Know

Health snapshot per serving – 790 Calories, 25g Protein, 20g Fiber, 21 WW+ Points

Lightened up snapshot – 500 Calories, 5 g Fat and 13 WW+ points with no crema, ½ of the cornbread and ¾ of the sweet potatoes

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

INGREDIENTS: Sweet Potatoes, Tomatoes, Black Beans, Cornbread, Leeks, Onions, Sour Cream, Celery, Lime, Garlic, Spices, Herbs

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1. Get Organized

Preheat your oven to 425.

2. Cook the Chili

Heat 1 Tbsp olive oil over high heat in a heavy saucepan. Add the **Mirepoix** and cook until lightly brown, about 5 to 7 minutes.

Add the **Tomato Sauce** and 1 ½ cups of water and bring to a boil. Lower the heat to a simmer and cook uncovered until about 2/3 of the liquid has evaporated, about 20 minutes.

3. Roast the Sweet Potatoes

As soon as the mirepoix is cooking, cook the sweet potatoes. Put the **Sweet Potatoes** in a casserole dish and drizzle with olive oil, salt and pepper. Toss, then arrange in a single layer. Bake until lightly golden at the edges and fork tender, about 20 minutes.

If you like your potatoes very tender cook an additional 5 to 7 minutes.

4. Make the Crispy Leeks

As soon as the casserole is in the oven, put the **Leeks** onto a rimmed baking sheet and drizzle with lots of olive oil, salt and pepper. Arrange in a single layer and bake until crispy on the outside, but still a little tender on the inside, about 10 minutes.

Stir the leeks once about halfway through the cooking.

5. Bake the Casserole

When the chili and sweet potatoes are done, it's time to assemble the casserole. Pour the chili over the sweet potatoes and crumble the **Cornbread** over top. Bake until lightly golden, about 7 minutes. Serve the casserole topped with the **Lime Crema** and leeks and enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by November 30

Lemon Chai Roasted Carrots

20 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Mixing Bowl
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

3 MEEZ CONTAINERS

Carrots
Toasted Pecans
Lemon Chai
Dressing

Make This Meal Your Own

Want to put a twist on this recipe? Make a puree by running the roasted carrots through a food processor and then top with the nuts.

Save on oven space – Cook this in advance and serve at room temperature.

Good to Know

Health Snapshot per serving (serves 2)

267 Calories, 36g Carbs, 4g Protein, 7g Sugar
5 WW+ Points

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

INGREDIENTS: Carrots, Pecans, Olive Oil, Lemon Juice, Scallion,
Brown Sugar, Garlic, Herbs and Spices

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1. **Getting Started**

Preheat your oven to 400.

2. **Roast the Carrots**

Toss the **Carrots** with 2 Tbsp of olive oil and spread in a single layer on a baking sheet. Roast until lightly browned, 12 to 15 minutes.

Drain the excess oil from the pan, add half of the **Lemon Chai Dressing** and return carrots to the oven for an additional 5 minutes.

3. **Put It All Together**

Season with salt and pepper and more dressing to taste and serve topped with **Toasted Pecans**.

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