

# Edamame, Peas & Artichokes with Goat Cheese

Inspired by a recipe we spotted on Trudy Slabosz's Veggie num num blog, this super fast dinner is a delicious celebration of some of our favorite veggies. It's a simple sauté to edamame, peas, artichokes and spinach, brought together with toasty croutons and lemon goat cheese. It's a 15-minute meal you don't want to miss.

**15** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Skillet  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Sourdough Bread  
Spinach  
Peas & Edamame  
Artichokes & Onions  
Lemon Goat Cheese

## Make The Meal Your Own

**This is a great make-ahead meal.** This dish only takes 15 minutes to make and it's great cold or re-heated, so it's perfect for a pack-and-go lunch.

**Cooking with someone who doesn't love goat cheese?** Remove their portion before you add the goat cheese and mix in their favorite cheese, instead.

## Good To Know

**Health snapshot per serving** – 685 Calories, 35 g Protein, 20 g Fiber, 18 WW+ Points

**Lightened up snapshot** – 465 Calories, 5 g Fat and 12 WW+ points with no cheese and a handful less pasta.

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

INGREDIENTS: Artichoke, Spinach, Snow Peas, Edamame, Sourdough Bread, Goat Cheese, Green Onion, Lemon Juice, Garlic, Lemon Zest

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### 1. Getting Organized

Preheat your oven to 400.

### 2. Make the Croutons

Toss the **Sourdough Bread** with 2\* Tbsp 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 Vegetables

While the croutons are baking, heat 1\* Tbsp of oil in a large skillet on high heat. Add the **Artichokes & Onions** and cook for 5 minutes until lightly browned. Add the **Peas & Edamame** and cook an additional 2 to 4 minutes until the vegetables are hot. Add the **Spinach** and cook 3 minutes until just wilted.

*If there is any excess liquid in the pan, gently pour it off before you add the spinach.*

### 4. Put It All Together

Turn off the heat and add the **Lemon Goat Cheese**, mixing until incorporated. Add the finished croutons and stir to mix them in with the veggies. Serve and enjoy!

*Love this recipe? #meezmagic*

Instructions for two\* servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by December 7**

# Kentucky BBQ Tacos with Fresh Cabbage Slaw

The name says it all in this one. We're baking tofu with a delicious barbecue sauce so it gets to be, to use a phrase, finger lickin' good, then serving it up in a taco topped with a fresh cabbage slaw. It's the flavors of a down-home barbecue, cooked up Meez-style. Yum!

**35** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Casserole Dish  
Large Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Organic Tofu  
BBQ Sauce  
Carrots & Cabbage  
Creamy Vinaigrette  
Corn Tortillas

## Make The Meal Your Own

**Picky eaters tip** – Try tossing a portion of the slaw in ranch or Thousand Island dressing.

**Make ahead tip** – Make the slaw and bake the tofu for 20 minutes in advance. When ready to eat, cook the tofu for 10 minutes while you heat the tortillas.

**Have leftovers slaw?** Mix it with quinoa or farro to make a tasty grain salad.

## Good To Know

**If you're making the vegan version**, we've left the mayonnaise out of your creamy vinaigrette. If you'd like a creamy slaw, a dollop of soy yogurt would mix well.

**Health snapshot per serving** – 830 Calories, 20g Protein, 10g Fiber, 22 WW+ Points.

**Lightened up snapshot** – 500 Calories, 20g Fat and 14 WW+ Points with 4 Tortillas, ½ the Creamy Vinaigrette and BBQ Sauce.

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

INGREDIENTS: Organic Tofu, Corn Tortillas, Barbecue Sauce, Cabbage, Carrots, Mayonnaise, White Wine Vinegar, Lemon, Brown Sugar, Garlic, Spices

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## 1. Getting Organized

Preheat your oven to 400.

## 2. Bake the Tofu

Slather the **Organic Tofu** with  $\frac{3}{4}$  of the **BBQ Sauce** and arrange in a casserole dish. It's fine if the edges of the tofu overlap a little. Bake for 25 to 30 minutes, until the sauce is lightly burnt at the edges. Make sure to flip the tofu once halfway through cooking and again 5 minutes before it is finished cooking. The tofu should have some chewiness to it at this point. Set aside.

*If there's any liquid in the tofu bag, drain it before cooking.*

*We used a 12x12 casserole dish for 2 servings, but the actual size is flexible.*

## 3. Toss the Slaw

As soon as the tofu is in the oven, put the **Carrots & Cabbage** into a large bowl and add the **Creamy Vinaigrette**. Toss well, then put into the refrigerator to chill.

## 4. Put It All Together

Heat your **Corn Tortillas** until they are soft and pliable. We like to do this directly over the open flame on a gas stove for a few seconds on each side, but you can also use a dry skillet. Serve the tortillas filled with the tofu and slaw on top. Enjoy!

*You can also heat the tortillas in the oven. Put them on a baking sheet or heat directly on the rack for 2 to 5 minutes.*

*Love this recipe? #meezmagic*

Instructions for two servings.

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# Pasta E Patate Crescione

An Italian classic, pairing delicious pasta with fingerling potatoes, watercress and spinach. Gasp! Yep, you read it right: pasta and potatoes. It may sound like starch overload, but generations of Italians know that the two together make for one of the most delicious winter pasta recipes you'll ever taste. And with fresh watercress and spinach to add a fresh green note, it's a delicious dinner you don't want to miss.

**30** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Saucepan  
Baking Sheet  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Fingerling Potatoes  
Penne  
Spinach & Watercress  
Wine Mix  
Parmesan

## Make The Meal Your Own

**Make ahead tip** – Roast the potatoes until done, let cool at room temperature and then refrigerate. When ready to eat, continue with steps 3 and 4, making sure to cook the potatoes in step 4 until they are hot.

**Omnivore's Option** – Shrimp would be a great addition. Boil or broil the shrimp and mix in when tossing the pasta.

**Eating with someone who doesn't love watercress?** Make their portion with broccoli, carrots or their favorite veggie.

## Good To Know

**Health snapshot per serving** – 670 Calories, 30 g Protein, 15 g Fiber, 18 WW+ Points

**Lightened up snapshot** – 420 Calories, 20 g Fat and 11 WW+ points with no parmesan and ½ of the pasta.

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

INGREDIENTS: Fingerling Potatoes, Penne Pasta, Spinach, Watercress, Parmesan, White Wine, Garlic, Herbs

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### 1. Getting Organized

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

### 2. Roast the Potatoes

Slice the **Fingerling Potatoes** into 1" rounds. Toss the potatoes with olive oil, salt and pepper and spread evenly on a baking sheet. Roast 15 to 20 minutes until fork tender and brown.

*The amount of oil is up to you, but we like to use 3 Tbsp. for crispy, brown potatoes.*

### 3. Cook the Pasta

While the potatoes are cooking, add the **Penne** to the boiling water and cook 7 to 9 minutes until al dente. Drain and set aside.

*Leave your pasta a little firm; it gets cooked again.*

### 4. Put It All Together

Heat 2\* Tbsp olive oil in a large skillet on high heat. Add the potatoes and cook for 1 minute. Add the **Spinach & Watercress**, stir for a minute, and then add the pasta and **Wine Mix**. Stir continuously, scraping the bottom of the pan, until the liquid has been absorbed, about 4 minutes.

*Watercress stems may seem stringy, but they are key to their great flavor.*

Transfer everything to a serving bowl and top with **Parmesan** and a generous drizzle of olive oil. Enjoy!

*This final drizzle is important for adding moisture. We use 1 1/2 to 3\* Tbsp. Italians would use more.*

*Love this recipe? #meezmagic*

# Mexican Stuffed Peppers

There's something incredibly cozy about a stuffed pepper this time of year. Particularly when filled with a smoky chipotle-spiced rice, melty Chihuahua cheese and topped with a tasty cilantro sauce. It's comfort food at its best.

**45** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Saucepan  
Casserole Dish

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Chipotle Onions  
Rice  
Corn & Beans  
Bell Peppers  
Chihuahua Cheese  
Cilantro Sauce

## Make The Meal Your Own

**Cooking with a picky eater?** The rice has a kick to it. Stuff the peppers with plain rice if you're cooking with someone who is spice-averse.

**Omnivore's Option** – Ground turkey is a tasty choice for this recipe. Sauté it with the chipotle onions.

## Good To Know

**If you're making the vegan version**, we've left the Chihuahua cheese out of your meal. If you'd like the peppers to get crispy, mix ½\* cup of the rice with ¼\* cup panko breadcrumbs.

**Health snapshot per serving** – 665 Calories, 30 g Protein, 15 g Fiber, 18 WW+ Points

**Lightened up snapshot** – 500 Calories, 10 g Fat and 12 WW+ Points when you use half of the cheese.

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

INGREDIENTS: Bell Peppers, Corn, Black Beans, Rice, Chihuahua Cheese, Onion, Cilantro, Lime Juice, Red Wine Vinegar, Chipotles in Adobo, Garlic, Concentrated Vegetable Stock, Garlic, Spices, Salt

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### 1. Getting Organized

Preheat your oven to 400.

### 2. Make the Spanish Rice

Heat 2 \*Tbsp olive oil in a medium saucepan over high heat. Add the **Chipotle Onions** and cook for 5 minutes until brown. Add the **Rice** and cook for another minute.

Add 2 1/2 \*cups of water (\*\*scales to 4 cups for 4 and 1 1/4 for 1 svg\*\*). Bring to a boil, then cook uncovered for 10 minutes, stirring occasionally. Add the **Corn & Beans**. Cook until most of the liquid has been absorbed and heated through, about 2 to 5 more minutes.

### 3. Bake the Peppers

While the rice is cooking, arrange the **Peppers** in a single layer in a casserole dish, cut-side up. Bake for 10 minutes. Then, when the rice is done, fill the peppers with the rice and bake until the top of the rice browns lightly, about 5 to 7 minutes.

Take the peppers out and top with the **Chihuahua Cheese**, then return to the oven and bake until they brown lightly, about 5 minutes. Serve topped with the **Cilantro Sauce** and enjoy!

*In a hurry? Use your broiler. The cheese will brown in about 2 minutes, but watch it closely-it goes from brown to burnt in a heartbeat.*

*Love this recipe? #meezmagic*

Instructions for two\* servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by December 7**



# Broccoli Tahini Bowl

Think deconstructed hummus. It all starts with the building blocks of that beloved dip and takes them to a whole new level. With toasted crispy-on-the-outside chickpeas, creamy tahini and lemony sumac all tossed with freshly sautéed broccoli and pearl couscous, it's an irresistible dinner the whole family will love.

## Getting Organized

### EQUIPMENT

Large Skillet  
Rimmed Baking Sheet  
Saucepan

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Broccoli  
Pearl Couscous  
Chickpeas  
Carrots, Onions & Raisins  
Tahini Sauce

## Make The Meal Your Own

**Cooking with a picky eater?** This recipe is a family favorite. Tell them the tahini sauce and chickpeas are the building blocks of hummus and watch them dig in!

**In the mood for something cold?** This makes a delicious cold dinner, as well. Make the recipe ahead, but store the couscous and carrots in one container, the broccoli in another and keep the chickpeas at room temperature after cooking. Mix up the sauce when it's time to eat.

**Omnivore's Option** – Roasted chicken breast is delicious served over the broccoli.

## Good To Know

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

**Health snapshot per serving** – 670 Calories, 25 g Protein, 20 g Fiber, 18 WW+ Points.

**Lightened up snapshot** – 500 Calories, 15 g Fat and 15 WW+ Points when you use half of the Tahini Sauce.

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

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

INGREDIENTS: Broccoli, Chickpeas, Pearl Couscous, Carrots, Onion, Tahini, Raisins, Lemon, Garlic, Spices

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## 1. Getting Organized

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

## 2. Toast the Chickpeas

Arrange the **Chickpeas** on a rimmed baking sheet and drizzle with 1\* Tbsp olive oil, salt and pepper. Toss to coat, then bake in a single layer until crispy, about 12 to 15 minutes.

## 3. Cook the Carrots

Heat a large skillet over high heat with 1\* Tbsp olive oil. Add the **Carrots, Onions & Raisins** and cook until lightly golden brown about 7 to 10 minutes, then set aside until the couscous is cooked.

*In a hurry? Cook the broccoli (Step #5 below) in a separate skillet.*

## 4. Cook the Couscous

As soon as the carrots are cooking, add a pinch of salt to the boiling water and add the **Pearl Couscous**. Cook until al dente, 5 to 7 minutes, then drain.

If the carrots are already cooked, return the skillet to the heat and add another 1 Tbsp olive oil to the edge of the skillet, then add the cooked couscous and mix it all together. Serve in each diner's bowl.

*If the carrots aren't already cooked, set aside the couscous until the carrots are lightly golden brown*

## 5. Cook the Broccoli and Put It All Together

In the now-empty skillet, heat another 1\* Tbsp olive oil over high heat. When it's very hot, add the **Broccoli** and cook for 4 to 5 minutes, stirring halfway through, then serve over the couscous.

Transfer the **Tahini Sauce** to a mixing bowl and add 1 to 2 Tbsp of warm water. Serve over the broccoli and top with the chickpeas.

*Add more or less water to make the tahini sauce as thick or thin as you like. Tahini is tricky: the more you stir it, the thicker it gets.*

Instructions for two\* servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by December 7**

# Currant and Cauliflower "Rice" Salad

**10** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Mixing Bowl  
Small Skillet

### FROM YOUR PANTRY

Salt & Pepper  
Olive Oil

### 5 MEEZ CONTAINERS

Cauliflower  
Capers  
Currants  
Almonds &  
Parsley  
Vinaigrette

## Make This Meal Your Own

**Make Ahead Tip** – Soak the currants and add the olive oil up to 24 hours in advance. You can make the crispy capers up to 3 days in advance, but don't toss everything together until you're ready to serve.

## Good to Know

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

150 Calories, 20g Carbs, 5g Fat, 5g Protein  
4 WW+ Points

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

INGREDIENTS: Cauliflower, Capers, Currants, Almonds, Cider Vinegar,  
Lemon Juice, Parsley, Green Onion

meezmeal.

### 1. **Marinate the Currants**

Pour the **Vinaigrette** into a small bowl and add the **Currants**. Set aside.

### 2. **Cook the Capers**

Using a paper towel, pat the **Capers** until they are dry. Heat 2 Tbsp olive oil in a small skillet over medium heat. Add the capers to the hot oil and cook for 5 minutes until crispy. Remove to a clean paper towel-lined plate.

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

Add 3 Tbsp of olive oil to the currant vinaigrette and mix well.

Combine the **Cauliflower** and **Almonds & Parsley** in a mixing bowl. Toss with the currant vinaigrette and season with salt and pepper to taste. Serve topped with the crispy capers. Enjoy!

Cook by December 7

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

# Vietnamese Cilantro Salad

5 Minutes to the Table

5 Minutes Hands On

## Getting Organized

### EQUIPMENT

Mixing Bowl

### FROM YOUR PANTRY

Salt & Pepper

### 5 MEEZ CONTAINERS

Broccoli & Jicama

Organic Tofu

Radish Chips

Vietnamese

Vinaigrette

Nut Crunch

## Put It All Together

Put the **Broccoli & Jicama** into a large mixing bowl with the **Organic Tofu, Radish Chips** and half of the **Vietnamese Vinaigrette**. Add salt and pepper and more dressing to taste. Serve topped with the **Nut Crunch** and enjoy!

## Good to Know

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

570 Calories, 20 g Fat, 70 g Carbs, 15g Protein, 5 WW+ Points

### **Have Questions?**

We're standing by at 773.916.6333

INGREDIENTS: Broccoli Slaw, Jicama, Carrots, Tofu, Vegetable Oil, Radish, Panko Breadcrumbs, Rice Wine Vinegar, Cilantro, Mirin, Ginger, Red Curry, Garlic

Prepare by December 7

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# Cajun Creole Bean Side Salad

5 Minutes to the Table

5 Minutes Hands On

## Getting Organized

### EQUIPMENT

Mixing Bowl

### FROM YOUR PANTRY

Salt & Pepper

### 3 MEEZ CONTAINERS

Veggies

Bean Mix

Cajun Creole

Dressing

## Put It All Together

Toss the **Veggies** and **Bean Mix** in a mixing bowl with half of the **Cajun Creole Dressing**. Season with salt and pepper and more dressing to taste. Enjoy!

## Good to Know

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

335 Calories, 30 g Fat, 15 g Carbs, 10g Protein, 5 WW+ Points

### **Have Questions?**

We're standing by at 773.916.6333

INGREDIENTS: Carrot, Celery, Kidney Beans, Great Northern Beans, Lima Beans, Olive Oil, Red Wine Vinegar, Mustard, Green Onion, Parsley, Brown Sugar, Spices

Prepare by December 7

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

# Meyer Lemon Rice Pudding

**25** *Minutes to the Table*

**5** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Saucepan  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil

### 3 MEEZ CONTAINERS

Rice  
Pudding Mix  
Walnut Mix

## Good to Know

**This dessert is also great cold** – Cook this ahead of time and refrigerate it. This dish makes a great snack or grab-and-go dessert for a packed lunch.

### **Health Snapshot per serving (serves 4)**

150 Calories, 5g Fat, 30g Carbs, 5g Fiber  
6 WW+ Points

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

INGREDIENTS: Coconut Milk, Rice, Brown Sugar, Sugar, Lemon Juice, Walnuts, Lemon Zest

meez*meal.*

### 1. Getting Organized

Preheat your oven to 375.

### 2. Make the Rice Pudding

Put the **Rice, Pudding Mix**, and 2 cups of water in a saucepan and stir over high heat (a rubber spatula works best – you want to keep the sugar off the bottom of the pan). Bring the mixture to a boil and then lower to a simmer and let cook for 20 minutes.

### 3. Candy the Walnuts

While the pudding is simmering, toss the **Walnut Mix** with 1 tsp of oil and 1 tsp of water. Spread the nuts on a baking sheet and cook for 5 to 7 minutes until the sugar melts in and the walnuts are fragrant. Set the nuts aside to cool.

### 4. Put It All Together

Serve the rice pudding topped with the candied walnuts. Enjoy!

*Love this recipe? #meezmagic*

Prepare by December 7

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## Health Snapshot

### Veggies with Goat Cheese

685 Calories  
35 g Protein  
20 g Fat  
105 g Carbs  
20 g Fiber  
700 mg Sodium

18 WW+ Points

480% Vitamin A  
245% Vitamin C  
70% Calcium

### Kentucky BBQ Tacos

830 Calories  
20 g Protein  
35 g Fat  
110 g Carbs.  
10 g Fiber  
1,175 mg Sodium

22 WW+ Points

150% Vitamin A  
110% Calcium  
70% Vitamin C

### Pasta E Patate Crescione

670 Calories  
30 g Protein  
30 g Fat  
75 g Carbs  
15 g Fiber  
535 mg Sodium

18 WW+ Points

100% Vitamin C  
50% Calcium  
45% Vitamin A

### Mexican Stuffed Peppers

665 Calories  
30 g Protein  
25 g Fat  
90 g Carbs  
15 g Fiber  
1,095 mg Sodium

18 WW+ Points

350% Vitamin C  
55% Calcium  
30% Vitamin A

### Broccoli Tahini Bowl

670 Calories  
25 g Protein  
15 g Fat  
105 g Carbs.  
20 g Fiber  
760 mg Sodium

16 WW+ Points

400% Vitamin A  
400% Vitamin C  
65% Calcium

### Lighten Up Option

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

#### Veggies

No Cheese, 2/3  
Pasta

465 Calories  
5 g Fat  
12 WW+ Points

#### BBQ Tacos

4 Tortillas, 1/2 both  
sauces.

500 Calories  
20 g Fat  
14 WW+ Points

#### Pasta

No Parmesan, 1/2  
Pasta

420 Calories  
20 g Fat  
11 WW+ Points

#### Peppers

1/2 Cheese

500 Calories  
10 g Fat  
12 WW+ Points

#### Tahini Bowl

1/2 Curry Sauce, 3/4  
Rice

490 Calories  
15 g Fat  
13 WW+ Points

## Health Snapshot

### **Currant and Cauliflower "Rice"**

150 Calories  
5 g Protein  
5 g Fat  
20 g Carbs.

4 WW+ Points

265% Vitamin C  
50% Vitamin A  
30% Folate

### **Vietnamese Cilantro Salad**

570 Calories  
15 g Protein  
20 g Fat  
70 g Carbs.

12 WW+ Points

440% Vitamin C  
300% Vitamin A  
25% Calcium

### **Creole Bean Salad**

335 Calories  
10 g Protein  
30 g Fat  
15 g Carbs.

10 WW+ Points

85% Vitamin C  
25% Folate  
10% Calcium

### **Meyer Lemon Rice Pudding**

150 Calories  
5 g Protein  
5 g Fat  
30 g Carbs.

6 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.*