

Spaghetti with Spinach Ricotta Bites

When we asked members what they'd like to see on the menu, veggie bites topped the list. We had fun testing recipes, and our favorite was these spinach ricotta bites. Think spinach meatballs, served up with a delicious marinara over spaghetti. Yum!

40 Minutes to the Table

15 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Saucepan
Rimmed Baking Sheet
Food Processor
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
3* Eggs

6 MEEZ CONTAINERS

Spinach
Ricotta & Herbs
Parmesan Cheese
Breadcrumbs
Whole Wheat Spaghetti
Marinara Sauce

Make The Meal Your Own

This is a great make-ahead dinner. You can form the bites up to two days in advance, but wait to cook them until you're ready to eat. You can cook the pasta sauce up to two days in advance, too. When it's time for dinner, just heat the sauce while the pasta is cooking and serve.

Kids love this recipe, and it's a fun one to let them help with. If your kids are old enough, have them form and coat the ricotta and spinach balls. They also love to dip the bites in the marinara, so serve theirs on the side.

Good To Know

We love to chop your ingredients for you; however, spinach is delicate and doesn't hold up well when chopped in advance.

A food processor is helpful for this recipe, but if you don't have one, you can chop the spinach by hand.

Health snapshot per serving – 580 Calories, 30g Protein, 10g Fat, 95g Carbs, 16 WW+ Points

Lightened up snapshot – 490 Calories, 10g Fat and 14 WW+ points by leaving out the cheese.

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

INGREDIENTS: Tomato, Spinach, Whole Wheat Spaghetti, Parmesan, Breadcrumbs, Ricotta Cheese, Onion, Garlic, Herbs

meezmeals

1. Getting Organized

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

If your oven has a convection setting, turn it on for this recipe.

2. Make the Spinach and Ricotta Mix

Put the **Spinach** into the bowl of a food processor and pulse until it's in small, chopped pieces. Remove to a mixing bowl.

It's easiest to do this in small batches.

Add the **Ricotta & Herbs**, $\frac{3}{4}$ of the **Parmesan Cheese** and $\frac{1}{2}$ of the **Breadcrumbs** to the spinach. Mix until combined and then add 3* eggs and season with salt and pepper. Mix until everything is incorporated. Add $\frac{1}{2}$ of the remaining breadcrumbs and combine.

3. Bake the Bites

Pour the remaining breadcrumbs into a shallow pie pan or cup. Form the spinach and ricotta mix into golf ball-sized bites and roll in breadcrumbs to coat. Put the bites on a foil-lined baking sheet, drizzle with olive oil and bake for 30 minutes until golden brown.

These bites are soft, so, Chef Max likes to use a cup to gently coat them - just fill with breadcrumbs and shake cup to coat bites.

While the bites are cooking, add the **Whole Wheat Spaghetti** to the boiling water. Cook 7 to 9 minutes until al dente. Drain and set aside. Return the empty saucepan to the stove.

4. Finish the Sauce

Put the **Marinara Sauce** in the saucepan with $\frac{1}{2}$ * cup of water. Bring to a boil, then reduce to a simmer and cook for 5 minutes. Serve the pasta topped with sauce, spinach and ricotta bites and the remaining Parmesan.

If you like a smoother sauce, puree the cooked sauce in a food processor.

Love this recipe? #meezmagic

Instructions for two* servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Cook by December 21

Spaghetti with Spinach Ricotta Bites

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40 Minutes to the Table

15 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Saucepan
Rimmed Baking Sheet
Food Processor
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
3* Eggs

6 MEEZ CONTAINERS

Spinach
Ricotta & Herbs
Parmesan Cheese
Breadcrumbs
Whole Wheat Spaghetti
Marinara Sauce

Make The Meal Your Own

This is a great make-ahead dinner. You can form the bites up to two days in advance, but wait to cook them until you're ready to eat. You can cook the pasta sauce up to two days in advance, too. When it's time for dinner, just heat the sauce while the pasta is cooking and serve.

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Good To Know

We love to chop your ingredients for you; however, spinach is delicate and doesn't hold up well when chopped in advance.

A food processor is helpful for this recipe, but if you don't have one, you can chop the spinach by hand.

Health snapshot per serving – 580 Calories, 30g Protein, 10g Fat, 95g Carbs, 16 WW+ Points

Lightened up snapshot – 490 Calories, 10g Fat and 14 WW+ points by leaving out the cheese.

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

INGREDIENTS: Tomato, Spinach, Whole Wheat Spaghetti, Parmesan, Breadcrumbs, Ricotta Cheese, Onion, Garlic, Herbs

meezmeals

1. Getting Organized

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

If your oven has a convection setting, turn it on for this recipe.

2. Make the Spinach and Ricotta Mix

Put the **Spinach** into the bowl of a food processor and pulse until it's in small, chopped pieces. Remove to a mixing bowl.

It's easiest to do this in small batches.

Add the **Ricotta & Herbs**, $\frac{3}{4}$ of the **Parmesan Cheese** and $\frac{1}{2}$ of the **Breadcrumbs** to the spinach. Mix until combined and then add 3* eggs and season with salt and pepper. Mix until everything is incorporated. Add $\frac{1}{2}$ of the remaining breadcrumbs and combine.

3. Bake the Bites

Pour the remaining breadcrumbs into a shallow pie pan or cup. Form the spinach and ricotta mix into golf ball-sized bites and roll in breadcrumbs to coat. Put the bites on a foil-lined baking sheet, drizzle with olive oil and bake for 30 minutes until golden brown.

These bites are soft, so, Chef Max likes to use a cup to gently coat them - just fill with breadcrumbs and shake cup to coat bites.

While the bites are cooking, add the **Whole Wheat Spaghetti** to the boiling water. Cook 7 to 9 minutes until al dente. Drain and set aside. Return the empty saucepan to the stove.

4. Finish the Sauce

Put the **Marinara Sauce** in the saucepan with $\frac{1}{2}$ * cup of water. Bring to a boil, then reduce to a simmer and cook for 5 minutes. Serve the pasta topped with sauce, spinach and ricotta bites and the remaining Parmesan.

If you like a smoother sauce, puree the cooked sauce in a food processor.

Love this recipe? #meezmagic

Instructions for two* servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Cook by December 21

Quesadilla Tacos

Part cheesy quesadilla, part taco and a Mexican star through and through. This gem starts with Chihuahua cheese melted on to corn tortillas, which then gets topped with toasted Brussels and Mexican bean salad before being eaten like a taco. It's an ooey-goey delicious dinner that's on the table in 15 minutes. Why didn't we think of this sooner?

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Broiler and Baking Sheet or Grill
- 2 Mixing Bowls

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Spiced Beans
- Lime Vinaigrette
- Brussels Sprouts
- Corn Tortillas
- Chihuahua Cheese

Make The Meal Your Own

Cooking with a picky eater? Serve the bean salad on the side.

Don't think you can grill inside? Think again. Your broiler is a grill; it just has the heat above, rather than below the food. You can also use a grill pan, if you prefer.

Good To Know

If you're making the vegan version, we've left the cheese out of your meal. Instead of making a melty quesadilla, assemble it as a delicious taco.

Health snapshot per serving – 590 Calories, 30g Protein, 15g Fiber, 15 WW+ Points

Lightened up snapshot – 350 Calories, 10 g Fat and 10 WW+ Points with half the cheese and two tortillas.

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

INGREDIENTS: Brussels Sprouts, Chihuahua Cheese, Black Beans, Great Northern Beans, Yellow Onion, Corn Tortillas, Lime, Cider Vinegar, Cilantro, Jalapeño, Granulated Garlic, Coriander, Agave Syrup, Cumin

meezmeals

1. Getting Organized

Heat your grill or preheat your broiler. (If you're broiling, put the top rack about 6 inches from the heating element.)

2. Make the Bean Salad

Put the **Spiced Beans** into a mixing bowl with the **Lime Vinaigrette** and toss well. Season with salt and pepper, and put in your refrigerator while you cook up the rest of dinner.

3. Roast the Brussels

Put the **Brussels Sprouts** into another mixing bowl, drizzle with 2 Tbsp olive oil and season with salt and pepper. Put on to the grill or on a rimmed baking sheet under the broiler. Cook until very soft and slightly browned, about 12 to 15 minutes. Turn a few times while cooking.

This may seem like a lot of oil, but you can drain off the excess after the Brussels have roasted.

4. Put It All Together

When the Brussels are cooked, get the cheesy tortillas going. Put the **Corn Tortillas** on to the grill or on a rimmed baking sheet under the broiler. Heat until warm on one side, 30-60 seconds. Turn and top with the **Chihuahua Cheese** and cook until the cheese melts, then place on to everyone's plates. Top with the roasted Brussels and bean salad, then take into your hand and eat like a taco. Enjoy!

*Love this recipe? *meezmagic*

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by December 21

Mediterranean French Toast

The geniuses at America's Test Kitchen introduced us to the idea of savory French Toast. It starts with the classic protein-packed egg and bread treat we know from breakfast, but by topping it with veggies and melted cheese, it becomes more like the cousin of French bread pizza. This week, we're capturing the flavors of the Mediterranean with an artichoke pesto, roasted bell peppers and plenty of gouda cheese. The result is totally delicious.

30 Minutes to the Table

15 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Griddle or Large Skillet
Baking Sheet

FROM YOUR PANTRY

Vegetable Oil
Salt & Pepper
2* Eggs
1* Cup of Milk

4 MEEZ CONTAINERS

Peppers
Challah Bread
Artichoke Spread
Gouda

Make The Meal Your Own

Cooking with a picky eater? Skip the bell peppers and/or artichoke spread. French toast topped with cheese is a protein-packed dinner all on its own.

Omnivore's Option – Mix some diced prosciutto with the gouda and sprinkle on top of the French toast before the final bake.

Good To Know

Health snapshot per serving – 750 Calories, 40g Fat, 35g Protein, 21 WW+ Points

Lightened up snapshot – 490 Calories, 25 g Fat, 14 WW+ Points with 1/3 of the gouda cheese and no artichoke spread.

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

INGREDIENTS: Bell Peppers, Artichoke Hearts, Gouda Cheese, Challah Bread, Lemon Juice, Olive Oil, Garlic, Pomegranate Molasses, Black Pepper

meezmeals

1. Getting Organized

Preheat your oven to 400 and heat your griddle or skillet on the stove.

2. Roast the Peppers

Toss the **Peppers** with 1* Tbsp. vegetable oil and spread evenly on a baking sheet. Roast 15 to 20 minutes until lightly caramelized. Remove peppers from the baking sheet and set aside.

3. Make the French Toast

After the peppers have been roasting for 10 minutes, start the French toast. Crack 2* eggs into a wide bowl with 1* cup of milk. Season with salt and pepper and mix well. Add a piece of **Challah Bread** and press lightly so it soaks up some of the wet mixture, then flip. Repeat with all of the bread.

Heat 2* Tbsp of vegetable oil on your griddle over medium-high heat. Add the soaked bread and cook until golden brown, then flip and cook the other side. Transfer to your now-empty baking sheet in a single layer.

4. Put It All Together

Spread a thin layer of **Artichoke Spread** on each piece of challah and then top with the roasted peppers and **Gouda**. Bake for 5 minutes until cheese is melted. Enjoy!

If you like your cheese brown and crisp on top, you can finish your French toast under the broiler.

Love this recipe? #meezmagic

Instructions for two* servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by December 21

Thai Noodles

We love the flavors of Thailand, and are always looking for new combinations. When we put red curry and miso together, we knew we had an instant hit. They combine to make a spicy, savory, all-around-magical glaze that's perfect with udon noodles, roasted sweet potatoes, and shiitake and cremini mushrooms. It's a dinner members have fallen in love with.

35 *Minutes to the Table*

15 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Sweet Potatoes
Edamame
Mushrooms
Miso-Red Curry Glaze
Udon Noodles

Make The Meal Your Own

Cooking with a picky eater? Keep the mushrooms separate and let everyone add to taste.

Make ahead tip – Roast the sweet potatoes ahead of time. When you're ready to eat, reheat them in the oven or in a separate skillet with 1 Tbsp of oil for 5 minutes.

Omnivore's Option – Shrimp is a traditional ingredient in this dinner.

Good To Know

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

Health snapshot per serving – 405 Calories, 15g Protein, 10g Fiber, 11 WW+ Points

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

INGREDIENTS: Sweet Potatoes, Edamame, Mushrooms, Udon Noodles, Miso, Red Curry, Agave Syrup, Soy Sauce, Sesame Seeds

meezmeals

1. Getting Organized

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

2. Roast the Sweet Potatoes

Put the **Sweet Potatoes** on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss, then arrange in a single layer and bake until golden at the edges, about 20 minutes.

3. Cook the Mushrooms and Edamame

When the potatoes have been cooking for 10 minutes, heat 1 ½ Tbsp olive oil in a large skillet over medium-high heat. Add the **Edamame** and cook for 3 minutes, then add the **Mushrooms**. Sauté until the mushrooms are tender, about 5 to 10 minutes. Add the **Miso-Red Curry Glaze** and 2 Tbsp of olive oil. Mix well and remove from heat.

We package the mushrooms in a paper bag so they stay fresh longer.

The oil is important for creating the glaze, so don't skimp on it.

4. Cook the Udon

Salt the boiling water and add the **Udon Noodles**. Cook until al dente, about 7 to 9 minutes, then drain.

5. Put It All Together

Add the udon noodles and sweet potatoes to the mushrooms and edamame and toss together. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by December 21

Toasted Chickpeas with Avocado and Cilantro-Lime Rice

One of our favorite rice bowls. We're making cilantro-lime rice with plenty of avocado for a mellow dinner inspired by the flavors of Mexico's Yucatan Peninsula. (Think Caribbean blue water, sandy beaches and fresh margaritas.) Toasted chickpeas and sautéed kale round out this delicious dish.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Saucepan
Knife and Cutting
Board
Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Rice
Avocado
Lime
Kale
Seasoned Chickpeas
Cilantro-Lime Crema

Make The Meal Your Own

Omnivore's Option – Pulled chicken breast is delicious in this recipe. Roast it with the chickpeas and kale.

Cooking with a picky eater? This rice is a crowd pleaser. If your picky eater doesn't love kale, try serving it with sweet potatoes or sautéed peppers.

Good To Know

If you're making the vegan version, we've left the sour cream out of your crema. A little vegemaise or soy yogurt would add nice creaminess, or just add an extra drizzle of olive oil.

Health snapshot per serving – 580 Calories, 15g Protein, 15g Fiber, 17 WW+ Points.

Lightened up snapshot – 500 Calories, 18 g Fat and 15 WW+ Points with half of the avocado.

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

INGREDIENTS: Chickpeas, Kale, Avocado, Lime, Rice, Sour Cream, Onion, Cilantro, Garlic, Spices

meezmeals

1. Getting Organized

Put 2 cups of water on to boil.

2. Make the Rice

Add the **Rice** to the boiling water with a pinch of salt. When it returns to a boil, reduce the heat to a simmer and cover. Cook until all the liquid is absorbed, about 15 minutes, then fluff with a fork.

Slice the **Avocado** into wedges. Mash half in a bowl, then add to the rice and mix in. Save the other half as a topper for the final dish.

3. Toast the Chickpeas and Sauté the Kale

Once the rice is cooking, heat 1 to 2 Tbsp of olive oil in a large skillet over medium-high heat. Add the **Seasoned Chickpeas** and cook until they get crispy and browned, about 10 minutes.

Add the **Kale** and cook until it turns bright green.

4. Put It All Together

Serve the chickpeas and kale over the rice, and top with the remaining sliced avocado. Cut the **Lime** into wedges and have everyone squeeze over their own plates. Top with **Cilantro-Lime Crema** to taste. Enjoy!

We like our kale firm. If you prefer yours soft, cook it for a few extra minutes.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by December 21

Pesto Quesadilla

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Vegetable Oil

4 MEEZ CONTAINERS

Mushrooms

Tortillas

Basil Pesto

Mozzarella

Good to Know

We make our quesadillas in the oven because we love hands-free cooking. If you prefer to cook on the stovetop, that will work great too.

Health Snapshot per serving (serves 1)

730 Calories, 40g Fat, 60g Carbs, 30g Protein

19 WW+ Points

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

25 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

INGREDIENTS: Flour Tortillas, Button Mushrooms, Mozzarella, Basil, Olive Oil, Parmesan, Lemon Juice, Garlic

meezmeals

1. Get Organized

Preheat your oven to 400.

2. Cook the Mushrooms

Toss the **Mushrooms** with 1 Tbsp of oil and spread on a baking sheet. Cook for 7 to 10 minutes until lightly browned. Remove to a bowl or plate and drain any excess liquid from the pan.

3. Build the Quesadilla

When the mushrooms are done, oil the baking sheet. 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.

Spread the **Basil Pesto** on the tortilla and then top with half of the **Mozzarella** and all of the mushrooms. Sprinkle the remaining mozzarella on top. Top with the second tortilla, oiled-side up, and gently press down.

4. Put It All Together

Bake the quesadilla 6 to 8 minutes, until the top and edges are golden brown. Flip the quesadilla, and cook an additional 3 to 4 minutes. Cut into wedges and serve. Enjoy!

Prepare by December 21

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

Dijon 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
Olive Oil

3 MEEZ

CONTAINERS

Brussels Sprouts
Almonds
Dijon Vinaigrette

Make This Meal Your Own

Omnivore's Option – Bacon and Brussels sprouts are a perfect match. Crisp some in the oven or on the stove, chop into bits and add it in when you add the almonds.

Good to Know

Health Snapshot per serving (serves 2)

390 Calories, 20g Carbs, 5g Protein, 11 WW+ Points

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

INGREDIENTS: Brussels Sprouts, Almonds, Olive Oil, Red Wine Vinegar,
Whole Grain Mustard, Honey, Herbs and Spices

meezmeals

1. Getting Started

Preheat your oven to 400.

2. Roast the Brussels Sprouts

Toss the **Brussels Sprouts** with 1.5 Tbsp of olive oil and season with salt and pepper. Spread the Brussels sprouts in a single layer on a baking sheet and roast for 15 minutes until they are beginning to brown on the sides.

Remove the pan from the oven and sprinkle the **Almonds** over top. Return the Brussels sprouts and almonds to the oven and bake for an additional 5 minutes or until the almonds are fragrant.

Pour half of the **Dijon Vinaigrette** on to your Brussels sprouts and mix well. Bake for 5 more minutes.

3. Put It All Together

Season the Brussels sprouts with salt and pepper and more vinaigrette to taste. Enjoy!

Love this recipe? #meezmagic

Cook by December 21

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

Southwestern Salad

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

5 MEEZ CONTAINERS

Avocado

Spinach

Tortilla Chips

Corn Mix

Buttermilk Chipotle

Dressing

Put It All Together

Dice the **Avocado** and break the **Tortilla Chips** into pieces. Combine the **Spinach**, **Corn Mix**, the broken chips and half the diced avocado in a mixing bowl with half of the **Buttermilk Chipotle Dressing**. Season with salt and pepper and dressing to taste.

Good to Know

Health Snapshot per serving (serves 1)

520 Calories, 20g Protein, 10g Fiber, 30g Fat,
14 WW+ Points

Have Questions?

We're standing by at 773.916.6333

INGREDIENTS: Avocado, Spinach, Black Beans, Corn, Queso Fresco, Buttermilk, Mayonnaise, Tortilla Chips, Red Onion, Chipotle Peppers, Garlic, Herbs and Spices

Prepare by December 21

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

Greek Rice Salad

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

4 MEEZ CONTAINERS

Brown Rice

Feta

Pita Chips

Yogurt Dressing

Put It All Together

Break the **Pita Chips** into pieces. Combine the **Brown Rice, Feta**, half of the broken chips and half of the **Yogurt Dressing** in a mixing bowl. Season with salt and pepper and top with the remaining chips and dressing to taste.

Good to Know

Health Snapshot per serving (serves 2)

360 Calories, 10g Protein, 40g Carbs, 20g Fat,
10 WW+ Points

Have Questions?

We're standing by at 773.916.6333

INGREDIENTS: Cucumber, Brown Rice, Pita Chips, Feta, Yogurt, Mayonnaise, Red Wine Vinegar, Brown Sugar, Lemon Juice, Garlic, Herbs

Prepare by December 21

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

Roasted Squash Personal 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

Pizza Dough

Mozzarella &

Parmesan

White Bean

Alfredo

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)

695 Calories, 20g Fat, 90g Carbs, 40g Protein

18 WW+ 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 7 to 10 minutes, then move to the side of the pan.

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 1/4" thickness. Our pizzas are usually about 4" wide and 7" long, but you can make yours however you like it.

Put the dough on to the baking sheet. Spread the **White Bean Alfredo** on the dough and then top with a small sprinkling of **Mozzarella & Parmesan** (about 1.5 Tbsp) and the roasted squash. Top with the remaining cheese mix and bake 15 minutes until the crust is brown and the cheese is melted.

Prepare by December 21

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

Chocolate Peanut Butter Pizza

25 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Vegetable Oil

3 MEEZ CONTAINERS

Pizza Dough

Chocolate Chips

Peanut Butter

Sauce

Good to Know

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

Make this treat extra indulgent by adding a scoop of ice cream on top.

Want some extra crunch? Sprinkle crushed peanuts or toasted coconut on top.

Health Snapshot per serving (serves 4)

440 Calories, 25g Fat, 55g Carbs, 5g Fiber
13 WW+ Points

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

INGREDIENTS: Whole Wheat Pizza Dough, Chocolate Chips, Peanut Butter, Heavy Cream, Agave, Vanilla Extract, Spices

meezmeals

1. **Getting Organized**

Preheat your oven to 425 and brush or wipe your baking sheet with a thin layer of vegetable oil.

2. **Prep the Crust**

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 8" wide and 14" long, but you can make yours however you like it.

Place the prepared crust on the oiled baking sheet and bake for 6 minutes. Remove from the oven.

3. **Finish the Pizza**

Spread the **Peanut Butter Sauce** over the pizza crust, return to the oven and bake another 6 minutes. Remove the pizza from the oven and sprinkle the **Chocolate Chips** over the peanut sauce. Return to the oven and bake for an additional 6 minutes, until the crust is golden brown (don't wait until it's crispy). Slice the dessert pizza into wedges and serve. Enjoy!

Prepare by December 21

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

Health Snapshot

Spinach Ricotta Bites

580 Calories
30 g Protein
10 g Fat
95 g Carbs
10 g Fiber
1,035 mg Sodium

16 WW+ Points

60% Vitamin C
55% Vitamin A
50% Calcium

Quesadilla Tacos

590 Calories
30 g Protein
25 g Fat
70 g Carbs.
15 g Fiber
500 mg Sodium

15 WW+ Points

60% Calcium
55% Vitamin A
30% Vitamin C

Mediterranean French Toast

750 Calories
35 g Protein
40 g Fat
75 g Carbs.
15 g Fiber
660 mg Sod.

21 WW+ Points

270% Vitamin C
80% Vitamin A
20% Vitamin B12

Thai Noodles

405 Calories
15 g Protein
5 g Fat
80 g Carbs.
10 g Fiber
1,270 mg Sod.

11 WW+ Points

400% Vitamin A
60% Vitamin C
20% Calcium

Toasted Chickpeas

580 Calories
15 g Protein
25 g Fat
80 g Carbs.
15 g Fiber
485 mg Sod.

17 WW+ Points

320% Vitamin A
130% Vitamin C
25% Calcium

Lighten Up Option

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

Spinach Bites

No Parmesan

490 Calories
10 g Fat
14 WW+ Points

Tacos

½ cheese and 2 tortillas

350 Calories
10 g Fat
10 WW+ Points

French Toast

1/3 cheese, ½ artichoke spread

570 Calories
30 g Fat
16 WW+ Points

Noodles

No Changes

405 Calories
5 g Fat
11 WW+ Points

Chickpeas

¾ Rice

500 Calories
20 g Fat
13 WW+ Points

Health Snapshot

Pesto Quesadilla

730 Calories
30 g Protein
40 g Fat
60 g Carbs.
5 g Fiber
930 mg Sodium

19 WW+ Points

60% Calcium
30% Folate
15% Vitamin A

Dijon Brussels Sprouts

390 Calories
5 g Protein
40 g Fat
20 g Carbs.
5 g Fiber
170 mg Sod.

11 WW+ Points

125% Vitamin C
20% Vitamin E
15% Folate

Southwestern Salad

520 Calories
20 g Protein
30 g Fat
40 g Carbs.
10 g Fiber
915 mg Sodium

14 WW+ Points

45% Folate
30% Vitamin A
25% Vitamin C

Greek Side Salad

360 Calories
10 g Protein
20 g Fat
40 g Carbs.
5 g Fiber
755 mg Sod.

10 WW+ Points

20% Calcium
10% Vitamin B6
10% Vit. B12

Chocolate PB Pizza

440 Calories
10 g Protein
25 g Fat
55 g Carbs.
5 g Fiber
400 mg Sod.

13 WW+ Points

Roasted Squash Pizza

695 Calories
40 g Protein
20 g Fat
90 g Carb.
20 g Fiber
1,530 mg Sod.

18 WW+ Points

190% Vitamin A
80% Calcium
40% Vitamin C

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.