

## 15-Minute Broccoli Rigatoni

Need a little sunshine in your day? This dinner has you covered. Sautéed broccoli and rigatoni get a Mediterranean treatment thanks to member-favorite lemon chai vinaigrette and plenty of Parmesan cheese. It's a speedy meal everyone will love.

**15** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Saucepan  
Large Skillet  
Rimmed Baking Sheet  
Mixing Bowl

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Sugar (Optional)  
Cayenne (Optional)

#### 5 MEEZ CONTAINERS

Rigatoni  
Parmesan Cheese  
Walnuts  
Broccoli  
Lemon Chai Vinaigrette

### Make The Meal Your Own

**Kids and picky eaters** will be converted into broccoli lovers with this dinner. If any are skeptical, though, it is just as delicious with green peas.

**Omnivore's Option** – Sweet Italian sausage is a tasty addition to this recipe.

**Have leftovers?** This makes a great cold pasta salad.

### 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.

**Health snapshot per serving** – 850 Calories, 35 g Protein, 10g Fiber, 23 WW+ Points

**Lightened up snapshot** – 435 Calories, 30 g Fat and 13 WW+ points when you leave out the cheese and walnuts.

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

INGREDIENTS: Broccoli, Rigatoni, Olive Oil, Parmesan Cheese, Lemon, Walnuts, Scallions, Brown Sugar, Garlic, Spices

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### 1. Getting Organized

Put a saucepan of water on to boil for the pasta and preheat your oven to 400 (or use your toaster oven.)

*Spiced nuts can stick, so use parchment or foil to line your pan.*

### 2. Make the Spiced Nuts

Add 1 Tbsp each of sugar, oil and water to a large mixing bowl and stir in a pinch of cayenne. Add the **Walnuts**, coat them in the mixture and put everything on a rimmed baking sheet. Bake 10-12 minutes; stir every 3 minutes, making sure to scrape up all of the good stuff on the bottom.

*If you don't have sugar and cayenne, you can skip this step and dry roast the walnuts for 7 to 10 minutes.*

### 3. Sauté the Broccoli

Heat 1 Tbsp olive oil in a large skillet over high heat. Add the **Broccoli** and cook until golden brown in places, about 7 to 12 minutes. Turn over and cook the other side until golden brown.

*Your nuts are done when the sauce begins to stick to them.*

### 4. Cook the Rigatoni

While the broccoli is cooking, salt the boiling pasta water and add the **Rigatoni**. Cook until al dente, about 8 to 12 minutes. Drain and set aside.

### 5. Put It All Together

Add the broccoli to the rigatoni and add half of the **Lemon-Chai Vinaigrette**. Toss well, then serve topped with the spiced nuts and **Parmesan Cheese**, plus more vinaigrette to taste. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by December 28**

## Corn and Cheddar Strata

We discovered this gem on Smitten Kitchen's recipe blog. Sweet corn? Cheddar? Cooked with chunks of sourdough? It was even more delicious than we thought. (Don't be scared off by the long cook time on this one. It's just 5 minutes of hands on cooking and can be made in advance.)

**60** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Loaf Pan or 10x10  
Casserole dish  
Mixing Bowl

#### FROM YOUR PANTRY

Butter or  
Cooking Spray  
1 1/3 cup Milk or  
Half & Half

#### 4 MEEZ CONTAINERS

Sourdough Bread  
Cheddar & Parmesan  
Corn & Scallions  
Egg Mix

### Make The Meal Your Own

**This is a great make-ahead dinner.** Prepare the strata ahead of time, and bake it for 10 minutes at 350 when you are ready to eat.

**Dedicated omnivores** can add cooked, crumbled bacon along with the corn.

**Looking for a brunch idea?** This would be a delicious breakfast as well. Add some sausage to give it a breakfast feeling.

**Want to boost the veggies in this dish?** Cherry tomatoes, sliced zucchini and tiny diced sweet potatoes would all be delicious additions.

### Good To Know

**A note on pan size** - Chef Max likes to make his strata in narrow, deep pans, so he recommends using a loaf pan. You can also build your strata in a shallower 10x10 casserole dish, but start checking your strata a bit earlier, as it may cook faster.

**Health snapshot per serving** – 830 Calories, 45g Protein, 5g Fiber, 22 WW+ Points

**Lightened up snapshot** – 495 Calories, 20 g Fat and 14 WW+ points using 1/2 the bread and no cheese.

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

INGREDIENTS: Corn, Eggs, Sourdough Bread, Green Onion, White Cheddar, Parmesan Cheese, Mayonnaise

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### 1. Getting Organized

Preheat the oven to 350 degrees and grease your pan using butter or cooking spray.

### 2. Assemble the Strata

Put 1/3 of the **Sourdough Bread** on the bottom of the pan. Layer 1/3 of the **Corn & Scallions** on top of the bread and then layer with 1/3 of the **Cheddar & Parmesan**. Repeat these layers two more times – bread, corn mix, cheese – until you've used up your ingredients.

Open the **Egg Mix** and pour into a mixing bowl. Add 1 ½ cup milk or half & half. Season with two pinches of Kosher salt and up to ½ tsp of black pepper. Pour the egg mixture into the pan as evenly as possible..

*You can adjust the black pepper amount based on your preferences. Chef Max likes the full ½ tsp, but if you're not a black pepper fan, go with just a pinch or two.*

### 3. Bake the Strata

Bake the strata for 50-60 minutes until the eggs are set and it's brown on top. Slice and serve. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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# 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.

**30** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

3 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** – 620 Calories, 20g Protein, 10g Fiber, 18 WW+ Points

**Lightened up snapshot** – 500 Calories, 15g Fat and 15 WW+ Points with no coconut and  $\frac{3}{4}$  rice

**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, Gluten Free Soy Sauce, Rice Wine Vinegar, Brown Sugar, Herbs, Ginger, 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, then add the **Red Rice**. Simmer uncovered until tender, about 15 to 20 minutes. Drain, then return to the pot and let sit, covered, for 5 minutes.

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

## 3. Roast the Kale, Tofu and Coconut

Put the **Kale** on to 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 kale is about 5 minutes away from being done, toast the coconut. Put the **Coconut** onto a rimmed baking sheet (no oil) and bake until fragrant and golden brown, about 3 minutes.

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

## 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, and serve topped with the toasted coconut. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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# Buttermilk Blue Cheese & Apple Salad

5 Minutes to the Table

5 Minutes Hands On

## Getting Organized

### EQUIPMENT

Mixing Bowl

### FROM YOUR PANTRY

Salt & Pepper

### 3 MEEZ CONTAINERS

Apple

Celery, Raisins and  
Pecans

Buttermilk Blue  
Cheese Dressing

## Put It All Together

Make the salad up to 2 days ahead. Wash and cut the **Apple** into bite-size pieces, then put into a mixing bowl with the **Celery, Raisins and Pecans** and half of the **Buttermilk Blue Cheese Dressing**. Add salt and pepper and more vinaigrette to taste. Enjoy!

## Good to Know

**Want to make it your own?** Crumbled bacon or sliced chicken are both great on this.

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

250 Calories, 5g Protein, 15g Fat, 7 WW+ Points

### **Have Questions?**

We're standing by at 773.916.6333

INGREDIENTS: Apple, Celery, Buttermilk, Raisins, Pecans, Mayonnaise, Blue Cheese, Garlic, Herbs and Spices

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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

Walnuts

Pecorino 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 start 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)**

385 Calories, 20g Fat, 35g Carbs, 15g Protein,  
10 WW+ Points

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

INGREDIENTS: Brussels Sprouts, Pecorino Cheese, Walnuts, White Balsamic Vinegar, White Wine, Brown Sugar, Herbs

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### 1. **Getting Started**

Preheat your oven to 450.

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

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

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

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

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# Chimichurri Cauliflower "Rice"

**15** Minutes to the Table

**15** Minutes Hands On

## Getting Organized

### EQUIPMENT

Large Skillet

### FROM YOUR PANTRY

Salt & Pepper

Olive Oil

### 2 MEEZ CONTAINERS

Cauliflower

Chimichurri Sauce

## Put It All Together

Heat 1 Tbsp of olive oil in a large skillet. Add the **Cauliflower** and cook until it's golden brown, about 10 to 12 minutes. Add half of the **Chimichurri Sauce** and salt and pepper to taste, then add more sauce if you'd like. Enjoy!

## Good to Know

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

180 Calories, 10g Fat, 15g Carbs, 5g Protein,  
4 WW+ Points

### **Have Questions?**

We're standing by at 773.916.6333

INGREDIENTS: Cauliflower, Tomatoes, Olive Oil, Lime, Cilantro, Brown Sugar, Garlic,  
Herbs & Spices, Kosher Salt

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# Baked Caramel Apple Crumble

**35** Minutes to the Table

**10** Minutes Hands On

**2 Whisks** Easy

## Getting Organized

### EQUIPMENT

Mixing Bowl  
Oven-Safe Skillet  
(or 10x10  
casserole dish)

From Your Pantry  
6 Tbsp Butter

3 MEEZ CONTAINERS  
Apples  
Caramel Sauce  
Mix  
Crumble Topping

## Good to Know

**Keep your butter cold** until you're ready to add it to the topping mix – this will ensure a super crumbly texture.

**Make ahead tip** - You can make this up to 4 days in advance. When ready to eat, reheat in the oven until warm throughout.

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

325 Calories, 10g Fat, 70g Carbs, 55g Sugar  
11 WW+ Points

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

INGREDIENTS: Granny Smith Apples, Brown Sugar, Heavy Cream,  
Flour, Oats

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### 1. **Getting Started**

Preheat your oven to 400.

### 2. **Cook the Apples**

Put the **Apples** in a 10" oven-safe skillet (or 10x10 casserole dish). Ideally, they should be snug, but in a single layer.) Bake 7 minutes. Add the **Caramel Sauce Mix** and bake 8 to 10 minutes, until thickened and bubbling.

### 3. **Make the Crumble**

Put the **Crumble Topping** into a mixing bowl. Cut 6 Tbsp cold butter into small pieces. Toss the butter into the topping mix using your hands (or a fork), mixing for a minute or two until the butter is in pea-sized pieces. Spread over the cooked apples and return to the oven until the crumble is golden brown, about 15 minutes. Enjoy!

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# Chocolate Cherry Bread Pudding

**60** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

10x10 Casserole  
Dish

### FROM YOUR PANTRY

Vegetable Oil  
Butter or Spray Oil  
for the Pan

### 3 MEEZ CONTAINERS

Bread Cubes  
Balsamic Egg Mix  
Chocolate Mix

## Good to Know

**Serving Suggestion** – This dessert is even better topped with whipped cream or vanilla ice cream.

**Want to get a jump on dessert?** You can make this a day in advance. When ready to eat, heat in the oven until warm throughout.

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

340 Calories, 15g Fat, 45g Carbs, 30g Sugar  
7 WW+ Points

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

INGREDIENTS: Egg, Whole Wheat Bread, Chocolate Chips, Sugar, Dried Cherries, Pecans, Balsamic Vinegar, Vanilla Extract

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### 1. **Getting Started**

Preheat your oven to 375.

### 2. **Bake the Bread**

Butter or spray-oil a 10x10 casserole dish. Open the **Bread Cubes** bag and add 2 Tbsp vegetable oil. Shake, then put the bread into the casserole dish.

Toast the bread until lightly crispy, about 7 to 10 minutes.

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

Turn the oven down to 360, then add the **Balsamic Egg Mix** and **Chocolate Mix** to the bread. Mix well, then bake until the top of the pudding springs back when you touch it, about 40 to 45 minutes.

Remove it from the oven and allow to cool for 5 to 10 minutes before serving. Enjoy!

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Prepare by December 28

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## Health Snapshot

### **15-Minute Broccoli Rigatoni**

850 Calories  
35 g Protein  
60 g Fat  
45 g Carbs.  
10 g Fiber  
980 mg Sod.

23 WW+ Points

340% Vitamin C  
80% Calcium  
70% Vitamin A

### **Corn and Cheddar Strata**

830 Calories  
45 g Protein  
40 g Fat  
75 g Carbs.  
5 g Fiber  
1315 mg Sodium

22 WW+ Points

45% Vitamin A  
60% Folate  
90% Calcium

### **Himalayan Red Rice**

620 Calories  
20 g Protein  
20 g Fat  
110 g Carbs.  
10 g Fiber  
1,400 Sodium

18 WW+ Points

300% Vitamin A  
75% Calcium  
25% Folate

### *Lighten Up Option*

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

#### **Rigatoni**

*No Cheese, No Walnuts*

435 Calories  
30 g Fat  
13 WW+ Points

#### **Strata**

*½ the bread and no cheese*

495 Calories  
20 g Fat  
14 WW+ Points

#### **Rice**

*No Coconut, ¾ Rice*

500 Calories  
15 g Fat  
15 WW+ Points