

# Squash with Slow Roasted Tomatoes and Goat Cheese

We're always looking forward to warm, rustic meals that are comforting, but still a breeze to make. And this one certainly fits the bill. We're roasting butternut squash, fresh grape tomatoes and goat cheese all together, then tossing them with nutty farro and a delectable balsamic cream sauce. The result? A delicious dinner where the oven does all the work.

**35** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Saucepan  
Baking Sheet  
Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Farro  
Butternut Squash  
Grape Tomatoes  
Goat Cheese  
Balsamic Cream

## Make The Meal Your Own

**This is a great make-ahead dinner.** Cook the farro and squash ahead of time. When it's time for dinner, roast the tomatoes and add the goat cheese. You'll be eating in 10 minutes.

**Kids and picky eaters tip** – Let them add the balsamic cream themselves.

**Omnivore's Option** – Slice a few chicken thighs, drizzle them with olive oil, season with salt and pepper and roast them on the pan with the butternut squash.

## Good To Know

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

**If you're cooking with the mellow cheese,** we've given you cream cheese instead.

**Health snapshot per serving** – 715 Calories, 30g Protein, 5g Fiber, 20 WW+ Points

**Lightened up snapshot** – 485 Calories, 5 g Fat and 13 WW+ points with no goat cheese.

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

INGREDIENTS: Butternut Squash, Farro, Heavy Cream, Goat Cheese, Balsamic Vinegar, Grape Tomatoes, Brown Sugar, Vegetable Base, Garlic, Herbs

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### 1. Getting Organized

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

### 2. Cook the Farro

Salt the boiling water and add the **Farro**. Cook until al dente, about 25 to 30 minutes. Drain and transfer to a mixing bowl. Keep the empty saucepan nearby.

*We love farro when it's puffed up, but still firm in the center.*

### 3. Roast the Squash

Mix the **Butternut Squash** with 2 Tbsp olive oil and spread evenly on a baking sheet. Roast until lightly caramelized, about 15 minutes. Add the **Grape Tomatoes** to your baking sheet, mix and cook until the tomatoes start to burst, about 5 minutes. Add the **Goat Cheese** and bake for 3 more minutes.

*The balsamic cream will thicken slightly while it cooks, but it's meant to be pourable. Don't expect a gravy-like consistency.*

While the tomatoes are roasting, put your now-empty saucepan back on the stove and pour in the **Balsamic Cream**. Heat on medium until the mixture boils and then reduce to a simmer and cook for 5 minutes.

### 4. Put It All Together

Pour half of the balsamic cream over the roasted squash, tomatoes and goat cheese and then mix everything together with the farro. Serve with additional balsamic cream and season with salt and pepper to taste. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by February 15**

# Lemon Chai Rigatoni with Broccoli and Spiced Nuts

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 would be just as delicious with green peas.

**Omnivore's Option** – Sausage is a tasty addition to this recipe.

## 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).

### 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 foil-lined (or parchment-lined) rimmed baking sheet. Bake 10 to 12 minutes; stir every 3 minutes, making sure to scrape up all of the good stuff on the bottom.

*Chef Max suggests cayenne, but if you don't have it, feel free to use your favorite chili flakes or chili powder.*

### 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.

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# Himalayan Fried Rice

We love fried rice, but the traditional version isn't the healthiest main course in town. We challenged Chef Max to make a fresher, healthier, more delicious version of the traditional recipe, and boy did he succeed. It all starts with superfood Himalayan red rice, which we're sautéing with shaved Brussels sprouts, tiny cauliflower bites and protein-packed edamame. A traditional simmering the sauce pulls it all together. Yum!

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Large Skillet or Wok  
Mixing Bowl

### FROM YOUR PANTRY

Vegetable Oil  
2 Eggs (optional)  
Salt & Pepper

### 5 MEEZ CONTAINERS

Cooked Red Rice  
Brussels & Cauliflower  
Sauté Sauce  
Edamame  
Scallions

## Make The Meal Your Own

**Kids and picky eaters** love fried rice. Cook the sauce, rice and vegetables separately, and let each diner assemble their own mix.

**Omnivore's Option** – Pre-cooked or leftover chicken makes a great addition. Add it to the skillet when you add in the cooked rice.

## Good To Know

**If you're making the vegan version**, skip the eggs. The meal is just as delicious without them.

**Health snapshot per serving** – 460 Calories, 20g Protein, 10g Fat, 80g Carbs, 12 WW+ Points

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

INGREDIENTS: Red Rice, Cauliflower, Brussels Sprouts, Edamame, Green Onion, Soy Sauce, Mirin, Sherry, Black Beans, Rice Wine Vinegar, Brown Sugar, Sesame Oil, Sambal

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### 1. Dry the Rice

Put two paper towels down on your counter and spread the **Cooked Red Rice** out on top. Top with two additional towels and blot to dry the rice out.

### 2. Cook the Brussels and Cauliflower

While the rice is baking, heat 1-2 Tbsp of vegetable oil in a large skillet over high heat. Once the oil is smoking, add the **Brussels & Cauliflower** and cook for 5 minutes without stirring or moving the vegetables. After 5 minutes, give the vegetables a stir and then let sit for another 3 to 5 minutes. Repeat this process one more time (stir, let sit 3 to 5 minutes) until vegetables are crispy and browned (approximately 15 minutes total).

Add 2 Tbsp of **Sauté Sauce** into the skillet and stir well. Remove to a mixing bowl.

### 3. Toast the Edamame

Wipe out your skillet with a paper towel and return to high heat with 1 Tbsp of oil. Add the **Edamame** and stir-fry until browned, 3 to 5 minutes. Add to the bowl with the Brussels & Cauliflower and set aside.

### 4. Finish the Stir-Fry

Heat 2 Tbsp of oil in your skillet. Beat the eggs (if using) in a small dish. When the oil is smoking, add the eggs and scramble for 20-30 seconds. Add the rice and stir-fry for another minute and then add the **Scallions** and cook one minute more. Add the remaining sauce, stir and cook for 3 minutes. Toss the fried rice with the Brussels, cauliflower and edamame to serve. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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*Fried rice is best with day-old rice. We pre-cooked it, but drying it ensures it will stir-fry perfectly.*

*We recommend using the largest skillet you have, since everything gets cooked together. If you have a wok, use that instead.*

*If you're skipping the eggs, add the rice to your hot oil and continue with step 4.*

# Artichoke Risotto

Creamy and delicious. Inspired by the flavors of Sicily, with artichokes, sweet raisins, sundried tomatoes and garden peas, it's a risotto the whole family will love.

**30** *Minutes to the Table*

**30** *Minutes Hands On*

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

- 2 Large Saucepans
- Skillet

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 5 MEEZ CONTAINERS

- Onions & Garlic
- Arborio Rice
- Wine Stock
- Artichokes & Peas
- Cream Cheese

## Make The Meal Your Own

**Turn the leftovers into risotto cakes** - Add an egg for every four cups of risotto, form into cakes and then coat in breadcrumbs. These are great pan-fried or baked.

**Omnivore's Option** – Ground meat (chicken, turkey, pork) is a great addition. Cook it with the onion and garlic until browned. Drain the excess fat before adding the arborio rice.

**Want to save time on cleanup?** Sauté the artichokes first and reuse the skillet to make the risotto.

## Good To Know

**If you're making the vegan version**, we've left the cream cheese out of your meal. Add an extra drizzle of olive oil to finish the risotto.

**Health snapshot per serving** – 480 Calories, 15g Fat, 10g Protein, 70g Carbs, 12 WW+ Points

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

INGREDIENTS: Artichoke Hearts, Arborio Rice, Onion, White Wine, Cream Cheese, Raisins, Peas, Sundried Tomatoes, Green Onion, Apple Juice, Garlic, Concentrated Vegetable Stock

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## 1. Getting Organized

Bring 4 ¼ cups of water to a boil and then reduce to a simmer.

## 2. Make the Risotto

Heat 1.5 Tbsp of olive oil in a saucepan or Dutch oven over medium heat. Add the **Onions & Garlic** and cook, stirring, until translucent and fragrant, about 5 minutes.

Add the **Arborio Rice** and cook, stirring frequently, 3 to 4 minutes, until lightly browned. Stir in the **Wine Stock**.

Add about a cup of your simmering water to the rice and stir. Let it cook 3 to 5 minutes, until the water is below the level of the rice. Add another cup and repeat until the rice is nice and creamy, about 20 minutes.

## 3. Sauté the Artichokes and Peas

While the risotto is cooking, heat 2 Tbsp of oil in another skillet over high heat. When the oil is smoking, add the **Artichokes & Peas** and cook until well browned, stirring occasionally, about 10 minutes. When you're adding the last cup of water to the risotto, add the artichokes and peas with it.

## 4. Put It All Together

Remove the risotto from the heat and gently fold in the **Cream Cheese** until just incorporated. Season with salt and pepper to taste. Enjoy!

*Max likes to use a skillet for his risotto. He uses a 10" skillet for a 2-serving meal.*

*Chef Max says, "Do not stir vigorously. A gentle treatment makes for a better end result."*

*Cream cheese is our secret ingredient. It's not traditional, but it adds a creaminess we love.*

*Love this recipe? #meezmagic*

Instructions for two servings.

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# Cajun Beans with Cornbread Toast

This week's chef's choice. We're serving up the down-home flavors of spiced beans over cornbread toast with a creamy coleslaw topping. It's the kind of comfort food we can't resist.

**20** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Baking Sheet  
Mixing Bowl  
Large Skillet

### FROM YOUR PANTRY

Vegetable Oil  
Salt & Pepper

### 4 MEEZ CONTAINERS

Cabbage and  
Carrots  
Coleslaw Dressing  
Cajun Beans  
Cornbread

## Make The Meal Your Own

**Cooking with a picky eater?** Serve the slaw on the side and offer ketchup as well.

**Omnivore's Option** – Sausage would be delicious with this. Just cook it separately and add to the beans.

**Want to put a twist on your slaw?** Toss the cabbage and carrots with your favorite vinaigrette instead of the coleslaw dressing.

## Good To Know

**Health snapshot per serving** – 570 Calories, 30g Protein, 15g Fiber, 17 WW+ Points

**Lightened up snapshot** – 460 Calories, 10 g Fat and 15 WW+ points when you use  $\frac{3}{4}$  of the coleslaw dressing.

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

INGREDIENTS: Beans, Cabbage, Cornbread, Carrots, Onion, Mayonnaise, White Wine Vinegar, Brown Sugar, Lemon, Garlic, Spices

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### 1. **Getting Organized**

Preheat your oven to 375.

*You can skip this step if you have a toaster oven.*

### 2. **Mix the Coleslaw**

Put the **Cabbage & Carrots** into a large bowl with the **Coleslaw Dressing**. Toss well, then put into the refrigerator to chill for at least 30 minutes.

### 3. **Cook the Beans**

When you're about 15 minutes away from eating, heat 2 to 3 Tbsp vegetable oil in a large skillet over medium-high heat. Add the **Cajun Beans** and cook for 4 to 5 minutes, then add 1 ½ cups of water. Bring to a boil, then reduce the heat to a simmer. Cook uncovered, until thickened, about 5 to 6 minutes. Add salt and pepper to taste.

### 4. **Toast the Cornbread**

Slice the **Cornbread** into pieces and toast in the oven on a baking sheet or in a toaster oven. Cook until it's lightly golden and crispy at the edges, about 5 minutes in a traditional oven or 2 to 3 minutes in a toaster oven.

### 5. **Put It All Together**

Serve the beans over the cornbread and top with the slaw. Enjoy!

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Instructions for two servings.

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# 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

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### 1. **Getting Started**

Preheat your oven to 400.

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

Toss the **Brussels Sprouts** with 1 1/2 Tbsp of olive oil and season with salt and pepper. Spread the Brussels sprouts in a single layer on a baking sheet and roast until they are beginning to brown on the sides, about 15 minutes

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

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!

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Cook by February 15

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# Marrakesh Salad

5 Minutes to the Table

5 Minutes Hands On

## Getting Organized

### EQUIPMENT

Mixing Bowl

### FROM YOUR PANTRY

Salt & Pepper

### 5 MEEZ CONTAINERS

Apple

Spiced Pistachios

Beans & Raisins

Carrots & Celery

Raisin Vinaigrette

## Put It All Together

Wash and cut the **Apple** into bite-size pieces, then put into a mixing bowl with **Spiced Pistachios, Beans & Raisins, Carrots & Celery** and half of the **Raisin Vinaigrette**.

Add salt and pepper and more vinaigrette to taste. Enjoy!

## Good to Know

### **Health Snapshot per serving (serves 1)**

660 Calories, 15g Protein, 20g Fiber, 30g Fat,  
18 WW+ Points

### **Have Questions?**

We're standing by at 773.916.6333

INGREDIENTS: Celery, Chickpeas, Carrots, Apple, Raisins, Olive Oil, Pistachios,  
Apple Cider Vinegar, Lemon Juice, Herbs and Spices

Prepare by February 15

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

# Marrakesh Salad

5 Minutes to the Table

5 Minutes Hands On

## Getting Organized

### EQUIPMENT

Mixing Bowl

### FROM YOUR PANTRY

Salt & Pepper

### 5 MEEZ CONTAINERS

Apple

Spiced Pistachios

Beans & Raisins

Carrots & Celery

Raisin Vinaigrette

## Put It All Together

Wash and cut the **Apple** into bite-size pieces, then put into a mixing bowl with **Spiced Pistachios, Beans & Raisins, Carrots & Celery** and half of the **Raisin Vinaigrette**.

Add salt and pepper and more vinaigrette to taste. Enjoy!

## Good to Know

### **Health Snapshot per serving (serves 1)**

660 Calories, 15g Protein, 20g Fiber, 30g Fat,  
18 WW+ Points

### **Have Questions?**

We're standing by at 773.916.6333

INGREDIENTS: Celery, Chickpeas, Carrots, Apple, Raisins, Olive Oil, Pistachios,  
Apple Cider Vinegar, Lemon Juice, Herbs and Spices

Prepare by February 15

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

# Mexican Side Salad

10 Minutes to the Table

5 Minutes Hands On

## Getting Organized

### EQUIPMENT

Mixing Bowl

### FROM YOUR PANTRY

Salt & Pepper

Olive

### 4 MEEZ CONTAINERS

Corn Tortillas

Carrots & Kohlrabi

Cooked Quinoa

Cilantro Vinaigrette

## Put It All Together

Cut the **Corn Tortillas** into strips (about ½" wide) and then toss in a mixing bowl with 2 Tbsp olive oil and a generous pinch of salt and pepper. Toast in a toaster oven until crispy on the outside. Toss with the **Carrots & Kohlrabi, Cooked Quinoa** and half of the **Cilantro Vinaigrette**. Add salt and pepper and more vinaigrette to taste. Enjoy!

### **Health Snapshot per serving (serves 1)**

660 Calories, 15g Protein, 20g Fiber, 30g Fat, 18 WW+ Points

### **Have Questions?**

*We're standing by at 773.916.6333*

INGREDIENTS: Corn Tortillas, Carrots, Kohlrabi, Quinoa, Olive Oil, Lime Juice, Vinegar, Brown Sugar, Herbs  
and Spices

Prepare by February 15

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

# Crazy Delicious Grilled Peanut Butter Sandwich

**10** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Non-Stick Skillet

### FROM YOUR PANTRY

1 Tbsp Butter or  
Vegetable Oil

### 3 MEEZ CONTAINERS

Sourdough Bread  
Chai & Honey  
Peanut Butter  
Celery & Cherries

## Good to Know

**We're seasoning the peanut butter** with honey and chai. The honey adds sweetness and the chai adds character.

### **Health Snapshot per serving (serves 1)**

910 Calories, 50g Fat, 30g Protein, 95g Carbs  
28 WW+ Points

### **Lightened up snapshot (1/4 Peanut Butter)**

500 Calories, 10g Fat, 15g Protein, 13 WW+ Points

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

INGREDIENTS: Sourdough Bread, Peanut Butter, Celery, Dried Cherries,  
Honey, Chai Spice, Vanilla Extract

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## 1. **Getting Organized**

Heat 1 Tbsp of butter or oil in a non-stick skillet over medium heat.

## 2. **Make the Sandwich**

Spread the **Chai & Honey Peanut Butter** on both slices of **Sourdough Bread**. Place one piece of bread in the pan (PB-side up) and top with the **Celery & Cherries**, keeping them toward the middle of the bread. Top with the second slice of bread (PB-side down) and press down gently.

Allow the bread to cook until brown, another 1 to 2 minutes, and then flip. Cook until the second side is brown, an additional 2 to 3 minutes. Turn off the heat, cover and let sit for 1 minute. Remove to a plate and serve. Enjoy!

***Love this recipe? #meezmagic***

Prepare by February 15

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