

# Broccoli with Curried Couscous

Inspired by the Barefoot Contessa's classic curried chicken salad. We love her combination of curry powder, fruit and nuts, and wanted to make a super healthy, super fast version. Enter broccoli florets and pearl couscous in place of chicken, and coconut milk in place of mayo. They add a flavor and nutritional boost we love, and it's all on the table in just 15 minutes. Talk about easy and sophisticated!

**15** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Saucepan  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Couscous  
Broccoli  
Coconut Curry  
Sauce  
Fruit & Nuts  
Feta

## Make The Meal Your Own

**Omnivore's Option** – Ground lamb is a great addition. Cook it on a baking sheet for 5 to 7 minutes prior to adding the broccoli. Continue with step 3, adding the broccoli to the same baking sheet.

**If you're making the gluten-free version**, we've given you quinoa instead of couscous. Boil it for 12 to 15 minutes. Drain, set aside and continue with step 3.

**If you're making the vegan version**, we've left out the feta, so we recommend finishing your dish with a big pinch of salt.

## Good To Know

**Health snapshot per serving** – 650 Calories, 25g Fat, 20g Protein, 90g Carbs, 18 WW+ Points

**Lightened up snapshot** – 490 Calories, 20g Fat and 14 WW+ points with  $\frac{3}{4}$  couscous and no feta.

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

INGREDIENTS: Broccoli, Couscous, Coconut Milk, Feta Cheese, Raisins, Pecans, Dried Cherries, Walnuts, Brown Sugar, Concentrated Vegetable Stock, Curry Powder, Herbs

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### 1. Getting Organized

Preheat your oven to 350 and put a saucepan of water on to boil.

### 2. Cook the Couscous

Add the **Couscous** to the boiling water and cook until al dente, 5 to 7 minutes. Drain and set aside.

*You want the couscous to still have a bite to it.*

### 3. Cook the Broccoli

While the couscous is cooking, toss the **Broccoli** with 1 Tbsp oil and spread on a baking sheet in a single layer. Bake until slightly softened and just starting to brown on the outside, 7 to 9 minutes.

*The broccoli shouldn't be roasted - you just want it bright green and crisp.*

### 4. Put It All Together

Pour the **Coconut Curry Sauce** in your now-empty saucepan and heat on medium-high heat until just bubbling, about 1 to 2 minutes. Add the cooked couscous and **Fruit & Nuts** to the sauce and stir to coat. Stir in the broccoli.

*Use your largest saucepan - everything will be mixed together.*

Serve couscous topped with **Feta**. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Loaded Mozzarella & Balsamic Glazed Tomato Quesadilla

Our members say it best: "The quesadilla was fantastic. It was tasty, easy and fun to make!! Kinda like pizza AND the cherry tomato topping was so GOOD." What could be that delicious? This Caprese-inspired quesadilla layers basil pesto, spinach, balsamic glazed tomatoes and lots of mozzarella over a warm tortilla. It's a dinner you don't want to miss.

**25** Minutes to the Table

**25** Minutes Hands On

**2 Whisks** Easy

## Getting Organized

### EQUIPMENT

Large Skillet  
Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Tomatoes  
Balsamic Glaze  
Spinach  
Tortillas  
Pesto  
Mozzarella

## Make The Meal Your Own

**Want to eat even faster?** Use two pans and cook up the tomatoes and spinach at the same time. Dinner will be on the table in about 15 minutes.

**Cooking for a crowd?** Cook your quesadillas under the broiler instead of on the stove. (There's more room!).

## Good To Know

**If you're making the gluten-free version**, we've given you corn tortillas. They're smaller than flour tortillas, so you'll make two round tortillas per person, rather than one half-moon.

**If you're making the vegan version**, skip the mozzarella and make a pesto spinach foldover, instead. Cook the vegetables and heat the tortillas according to the instructions, then spread the pesto and cook for a minute. Add the spinach after with the tomatoes.

**Health snapshot per serving** – 785 Calories, 30g Fat, 30g Protein, 10g Fiber, 21 WW+ Points

**Lightened up snapshot** – 500 Calories, 30g Fat and 14 WW+ points when you use one tortilla and  $\frac{3}{4}$  of the mozzarella.

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

INGREDIENTS: Tomatoes, Spinach, Flour Tortillas, Mozzarella Cheese, Basil, Almonds, Balsamic Vinegar, Brown Sugar, Lemon, Olive Oil, Garlic

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### 1. Getting Organized

Heat 1 Tbsp of olive oil in a large skillet over medium heat.

### 2. Cook the Vegetables

Add the **Tomatoes** and cook until they pop and most of the liquid has evaporated, 5 to 10 minutes. Add the **Balsamic Glaze** and cook another 2 minutes. Transfer to a bowl and put the skillet back on to the heat.

Add the **Spinach** and a good pinch of salt. Cook until it just wilts, about 1 to 2 minutes.

### 3. Assemble the Quesadillas

Clean the pan out with a paper towel, then put it back on the burner. Heat 1 Tbsp of oil, put one **Tortilla** into the skillet and move with your hands until the tortilla gets slightly coated with oil. Repeat each time you're making a new quesadilla.

Spread the **Pesto** on the tortilla, then add some of the wilted spinach and **Mozzarella** on one half. Fold over, so you have a half moon. Cook until golden, about 2 to 3 minutes on each side.

*We like to assemble the quesadillas in the pan so there's no risk of a mess.*

*If there's extra liquid with the tomatoes, just leave it behind. You don't want to make the quesadillas soggy.*

### 4. Put It All Together

Cut the quesadillas into pieces and serve topped with the glazed tomatoes. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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# Spicy Sweet Brussels Sprouts & Udon Noodle Bowl

Asian flavors bring out the best in Brussels sprouts. Particularly when it's our sweet sriracha sauce, which gives them a magical flavor we just can't resist. Paired with organic tofu, udon noodles and roasted peanuts, this dinner is just plain delicious.

**30** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

- Saucepan
- Rimmed Baking Sheet
- Large Mixing Bowl

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 6 MEEZ CONTAINERS

- Brussels Sprouts
- Tofu
- Udon Noodles
- Soy Lime Sauce
- Sriracha
- Peanuts

## Make The Meal Your Own

**Cooking with a picky eater?** Keep the ingredients separate and let everyone create their own bowl.

**Omnivore's Option** – Pork is right at home in this dish. Cook it first and toss it with the tofu and sprouts.

## Good To Know

**If you're making the gluten-free version**, we've sent you rice noodles instead. Cook for 5 minutes, until tender, then drain and rinse under cold water.

**Health snapshot per serving** – 690 Calories, 45g Protein, 15g Fiber, 22 WW+ Points

**Lightened up snapshot** – 495 Calories, 20 g Fat and 16 WW+ points with half the udon noodles.

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

INGREDIENTS: Brussels Sprouts, Tofu, Udon Noodles, Lime, Soy Sauce, Brown Sugar, Sriracha, Peanuts

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## 1. Getting Organized

Preheat your oven to 450 and put a saucepan of water on to boil.

## 1. Roast the Brussels Sprouts & Bake the Tofu

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 minutes and then add the **Tofu** to the baking sheet. Cook until brown in places, about 10 additional minutes, flipping halfway through.

*The crispiness level is up to you. Jen likes her sprouts on the crispy side, while Chef Max prefers them a little soft.*

## 2. Cook the Udon

When you're about 5 minutes away from eating, cook the udon. Salt your boiling water and add the **Udon Noodles**. Cook until the udon is just soft, about 5 to 7 minutes, then drain.

*Use plenty of salt in your pasta water. Chef Max says it should taste like saltwater. (Give it a taste!)*

## 3. Put It All Together

Put the **Soy Lime Sauce** into a large mixing bowl along with 1 to 2 \*Tbsp olive oil and **Sriracha** to taste. Stir it all up, and then add the sprouts and tofu when they come out of the oven.

Serve the udon topped with the sriracha-sauced sprouts, then finish with the **Peanuts**.

*Love this recipe? #meezmagic*

Instructions for two\* servings.

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# Mexican Pozole

Mexican comfort food at its best. We're making our version of the classic stew with corn, hominy, black beans, tiny cauliflower bits and plenty of cilantro crema. It's a cozy dinner that's just right for fall.

**30** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Saucepan or Dutch Oven

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Carrots & Celery  
Cauliflower  
Wine Mix  
Corn & Hominy  
Beans & Tomatoes  
Cilantro Crema

## Make The Meal Your Own

**Want to make the meal more fun?** Serve with tortilla chips as dippers.

**Omnivore's Option** – Ground pork or ground beef are traditional additions. Brown the meat with the cauliflower in step 2.

**Make ahead tip** – Cook all the vegetables (up through the first half of step 2). Add the corn, hominy, beans and tomatoes, but stop there. When you're ready to eat, add the water and heat everything together.

**Like it hot?** Add a pinch or two of crushed red pepper to your pozole once it's cooked.

## Good To Know

**If you're making the vegan version**, we've given you cilantro instead of the crema. Sprinkle it on top or mix it with soy yogurt for a creamier finish.

**Don't know what Hominy is?** Hominy is made from corn kernels that have been soaked in a lime solution to soften their outer hulls. The result is super puffed up corn that we just love!

**Health snapshot per serving** – 420 Calories, 15g Protein, 5g Fat, 20g Fiber, 10 WW+ Points

**Lightened up snapshot** – 385 Calories, 15g Protein, 5 g Fat, 9 WW+ Points when using half the cilantro crema.

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

INGREDIENTS: Cauliflower, Tomato, Black Beans, Onion, Corn, Hominy, Carrot, Celery, Sour Cream, White Wine, Cider Vinegar, Cilantro, Garlic, Lime Juice, Brown Sugar, Herbs and Spices

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### 1. Getting Organized

Heat 2 Tbsp of oil in a large saucepan or Dutch oven on high heat.

### 2. Make the Pozole

Add **Carrots & Celery** to the pan and cook for 5 minutes on high, stirring 2 or 3 times while it cooks. Add the **Cauliflower** and cook until browned, stirring frequently, for 7 to 9 minutes. Add the **Wine Mix** and bring to a boil. Once boiling, reduce the heat and simmer for 2 minutes.

Add **Corn & Hominy, Beans & Tomatoes** and 1 ¼ cup of water. Bring to a boil and then reduce to a simmer and cook for 15 minutes, until the pozole thickens slightly. Season with salt and pepper to taste.

### 3. Put It All Together

Spoon the pozole into bowls and mix a spoonful of **Cilantro Crema** into each bowl to make a creamy stew. Top with additional crema to taste. Enjoy!

*The cauliflower is the key to developing a deep flavor in this recipe, so be sure it's nicely browned in places before adding the wine mix.*

*Love this recipe? #meezmagic*

Instructions for two servings.

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



# Sweet Basil Chicken Tacos with French Style Slaw

Classic Thai flavors cooked up in a speedy taco. This quick yet-bursting-with-flavor meal pairs free-range chicken strips with a crunchy broccoli and cabbage in a tangy French-style slaw. Perfect for picky eaters who want to build their own dinner, these tacos are sure to become a household favorite.

**35** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Mixing Bowl  
Medium Saucepan with Lid  
Small Skillet (optional)

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Cabbage & Carrots  
Coleslaw Dressing  
Chicken Strips  
Sweet Basil Sauce  
Tortillas

## Make The Meal Your Own

**If you're cooking with picky eaters**, mix the carrots and cabbage with the saucy chicken instead of the coleslaw dressing.

**Leftovers Tip** - Coleslaw makes a great base for a salad. Mix it with your favorite greens and veggies to create a whole new meal.

**Our free-range chickens thrive on an all-natural diet.** They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

## Good To Know

**Health snapshot per serving** – 660 Calories, 30g Fat, 30g Protein, 70g Carbs, 17 WW+ Points

**Lightened up snapshot** – 490 Calories, 15g Fat, 12 WW+ Points with one less tortilla and ½ coleslaw dressing.

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

INGREDIENTS: Boneless Skinless Chicken Thigh, Corn Tortillas, Green Cabbage, Carrot, Mirin, Mayonnaise, Red Cabbage, White Wine Vinegar, Brown Sugar, Soy Sauce, Apple Cider Vinegar, Lemon Juice, Basil, Garlic, Spices

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### 1. Make the Coleslaw

In a mixing bowl, toss the **Cabbage & Carrots** with the **Coleslaw Dressing**. Season with salt and pepper to taste. Place in the refrigerator until ready to eat.

### 2. Cook the Chicken

Heat 1 Tbsp of oil in a medium saucepan over high heat. Add the **Chicken Strips** and cook until brown on the bottom, about 5 minutes. Flip the chicken and cook until completely browned, about 5 more minutes.

Add the **Sweet Basil Sauce** and ½ cup of water to the pan. Reduce heat to medium, cover and cook until chicken is cooked through and tender, about 8 to 10 minutes. Remove the cover, add a generous pinch of salt and pepper and continue to cook until the sauce thickens, about 3 to 5 minutes. Remove from the heat.

*The easiest way to tell if the chicken is fully cooked is to use tongs or two forks to see if it pulls apart. If it does, it's done.*

### 3. Heat the Tortillas

Heat your **Tortillas** in a dry skillet on the stove or directly over a gas burner until soft and pliable, about 30 seconds per side.

### 4. Put It All Together

Serve the tacos filled with sweet basil chicken topped with coleslaw.

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Chimichurri Sirloin Steak with Fingerling Potatoes

An irresistible update on an Argentinian classic. With a zesty chimichurri puree, mouthwatering free-range sirloin strips and tender fingerling potatoes, it's a meal that will have everyone asking for seconds.

**30** Minutes to the Table

**25** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Skillet

### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

### 4 MEEZ CONTAINERS

Fingerling Potatoes

Onions & Garlic

Sirloin Strips

Chimichurri

## Make The Meal Your Own

**The leftovers from this meal** make a great casserole. Layer everything in a casserole dish, top with your favorite cheese (Chef Max recommends Chihuahua) and bake for 10 minutes in a 375-degree oven.

**We're cooking our beef to medium** because we like it best that way. If you want to make it medium-well, cook an additional minute before turning off the heat.

**We're working with farmers like Kim & Evans Hooks**, who farm with care and dedication to their animals, with open pastures and never any antibiotics and growth-promoting hormones.

## Good To Know

**Be sure to generously season your beef** with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. Chef Max recommends using ½ tsp of each.

**Health snapshot per serving** – 450 Calories, 15g Fat, 40g Protein, 40g Carbs, 12 WW+ Points

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

INGREDIENTS: Fingerling Potatoes, Beef Sirloin, Red Onion, Cherry Tomatoes, Corn, Red Wine Vinegar, Lime Juice, Olive Oil, Parsley, Garlic, Cilantro, Spices

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### 1. Slice the Potatoes

Slice the **Fingerling Potatoes** into small, even rounds (about 8 to 10 rounds per potato).

### 2. Cook the Beef and Potatoes

Heat 2 Tbsp of oil in a large skillet over high heat. Add the sliced potatoes and cook, stirring occasionally, until starting to brown, about 5 minutes. Add the **Onions & Garlic** to the skillet and continue cooking until the onions are translucent and the potatoes are fork tender, about 5 more minutes.

Generously season the **Sirloin Strips** with salt and pepper and then add to the skillet and cook, undisturbed, until browned on the bottom, about 3 to 4 minutes. Turn off the heat, give the meat and potatoes a good stir, and then let rest for 5 minutes in the pan before serving.

*It's important to rest the meat after it cooks so it stays tender and juicy.*

### 3. Put It All Together

Serve the beef and potatoes topped with the **Chimichurri** to taste. Enjoy!

*The meat tastes best right after it's cooked, so plan to serve it immediately after it rests.*

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Pan Roasted Salmon Linguine with White Wine Cream Sauce

Move over Martha Stewart. Fast and easy, this oh-so-yummy meal with tender wild-caught salmon swimming in whole grain linguine and a decadent wine alfredo sauce is on the table in just 35 minutes. Don't be surprised when the family asks what restaurant this was from.

**35** Minutes to the Table

**25** Minutes Hands On

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Saucepan  
Large Skillet  
Shallow Pie Pan or Plate  
Medium Skillet

### FROM YOUR PANTRY

½ Cup Flour  
1 ½ Cup Milk  
Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Linguine  
Mushrooms  
Onions & Garlic  
Wine Stock  
Salmon

## Make The Meal Your Own

**To get a flavorful sauce**, we recommend using whole milk. It's even better with half and half or heavy cream if you want to really indulge!

**If you're cooking with a picky eater**, leave the mushrooms out of their portion.

**Our salmon** is wild caught and responsibly fished, so it's free from dyes, antibiotics and any industrial grain-based diets.

## Good To Know

**Health snapshot per serving** – 800 Calories, 15g Fat, 45g Protein, 105g Carbs, 19 WW+ Points

**Lightened up snapshot** – 500 Calories, 10g Fat, and 12 WW+ Points with ½ linguine, skim milk, ½ the flour and ¼ wine stock.

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

INGREDIENTS: Salmon, Button Mushrooms, Whole Wheat Linguine, White Wine, Cremini Mushrooms, Red Onion, Apple Juice, Green Onion, Concentrated Vegetable Stock, Garlic, Herbs and Spices

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### 1. Getting Organized

Put a saucepan of water on to boil.

### 2. Cook the Mushrooms

Heat 1 Tbsp of oil in a large skillet over high heat. Add the **Mushrooms** and cook until browned, 8 to 10 minutes. Remove to a bowl.

### 3. Cook the Pasta

Add the **Linguine** to the boiling water and cook until al dente, 7 to 9 minutes. Drain and set aside.

### 4. Make the Sauce

Return the now-empty mushroom skillet to the stove and heat 1 Tbsp oil over high heat. Add the **Onions & Garlic** and cook until brown, about 5 to 7 minutes. Add 1 Tbsp flour to the pan and cook for 1 minute, stirring constantly. Add the **Wine Stock** and bring the mixture to a boil. Reduce to a medium simmer and cook until the sauce is reduced by half, about 5 minutes. Add 1 ½ cup milk and cook until thick enough to coat the back of a spoon, about 6 to 8 minutes.

*Any kind of flour will work here: all-purpose, rice flour, even chickpea. Use your favorite.*

### 5. Dredge and Cook the Salmon

While the sauce is cooking, put your remaining flour (about ½ cup) into a shallow pie pan or plate and add a generous pinch of salt and pepper, then mix. Coat both sides of the **Salmon** with the flour, making sure the entire filet is covered.

*Place the salmon in the pan gently to avoid any oil splashing.*

Heat 2 Tbsp of oil in a medium skillet on high heat. Add the salmon and cook 4 minutes. Flip and cook an additional 2 minutes. Turn off the heat, cover and let sit for 5 minutes.

*If you want to make sure the salmon is fully cooked, use a thermometer. You want the internal temp. to be at least 140 degrees.*

### 6. Put It All Together

Serve the linguine topped with salmon, mushrooms and cream sauce. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Spinach Pesto Pizza

**30** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Baking Sheet

### FROM YOUR PANTRY

Olive Oil

### 4 MEEZ CONTAINERS

Pizza Dough

Sweet Potatoes

Gouda

Spinach Pesto

Cream

## Make The Meal Your Own

**Want a jump start on this meal?** Cook everything in advance according to instructions. When you're ready to eat, just place the pizza in the oven.

**We love gouda.** If you're cooking with someone who doesn't, though, mozzarella is a tasty topper, too.

**Omnivore's Option** – Pancetta is a great addition. Cook it with the sweet potatoes.

## Good to Know

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

805 Calories, 80g Carbs, 40g Protein, 21 WW+ Points

### **Lightened up snapshot** (1/4 cheese, 1/2 pesto cream)

500 Calories, 15g Fat, 20g Protein, 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, Sweet Potato, Gouda, Half and Half, Spinach, Basil, Lemon Juice, Garlic, Spices

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### 1. **Getting Started**

Preheat your oven to 425 and take the pizza dough out of the fridge.

### 2. **Roast the Potatoes**

Toss the **Sweet Potatoes** with 1 Tbsp of oil and spread in a single layer on a baking sheet. Roast 7 to 10 minutes and then move to one side of the baking sheet so you can fit the pizza.

### 3. **Make the Pizza**

While the potatoes are roasting, 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 4" wide and 7" long, but you can make yours however you like it.

Put the dough on the baking sheet. Top with half of the **Spinach Pesto Cream** and the roasted potatoes. Drizzle the remaining pesto around the top of the pizza and then top with **Gouda**. Bake until the crust is brown and the cheese is melted, 12 to 15 minutes. Enjoy!

*Love this recipe? #meezmagic*

Cook by March 15

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



# Double Green Caesar Salad

**15** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Mixing Bowl  
Baking Sheet  
Large Skillet

### FROM YOUR PANTRY

2 Eggs (optional)  
Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Bread Cubes  
Chickpeas  
Kale & Spinach  
Radish  
Caesar Dressing

## Good to Know

**Hard-boiling made easy** – Place eggs in a small saucepan and cover with cold water. Bring water to a boil, and then remove from heat and cover. Let stand 12 minutes and then drain and cold rinse the eggs. Refrigerate until ready to use.

**You could serve this salad** topped with chicken, salmon or shrimp in place of the eggs if you prefer.

**Health Snapshot per serving (serves 1, including eggs)** 960 Calories, 50g Fat, 90g Carbs, 40g Protein, 25 WW+ Points

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

INGREDIENTS: Kale, Spinach, Chickpeas, Sourdough Bread, Olive Oil, Radish, Parmesan, White Wine Vinegar, Lemon, Miso, Black Pepper

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### 1. **Getting Started**

Preheat your oven to 400 and hard-boil your eggs, if using.

### 2. **Make the Croutons**

Toss the **Bread Cubes** with 2 Tbsp of 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 until golden brown, about 7 to 10 minutes.

### 3. **Cook the Greens**

Heat a large skillet over medium-high heat with 1 Tbsp of oil. When the oil is hot and smoking, add the **Chickpeas** and cook for 3 to 4 minutes. Mix in the **Kale & Spinach** and cook until partially wilted. Transfer the greens and chickpeas to a bowl and refrigerate for 5 minutes (or longer).

### 4. **Put It All Together**

When ready to serve, peel and slice your hard-boiled eggs. Toss greens with **Radish**, eggs, croutons, **Caesar Dressing** and salt and pepper to taste. Enjoy!

Cook by March 15

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