

Lemon Pepper Roasted Feta and Mushroom Pasta

"The feta pasta rocked our socks!!" Yep, we have to agree. This is a whole new way to make a pasta sauce. It starts with roasted feta that gets mixed up with lemon and parsley oil to create a delicious sauce that's perfect with sautéed mushrooms, roasted red peppers and whole-wheat shells. It's a super fast, super delicious dinner.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Saucepan
Rimmed Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Mushrooms & Green Onions
Whole Wheat Shells
Feta
Lemon & Pepper Oil

Make The Meal Your Own

Kids and picky eaters tip – This sauce is just as delicious with other vegetables. If you have a diner who doesn't love mushrooms, try broccoli or cauliflower, instead.

Omnivore's Option – Shrimp is great with this. Cook separately and mix it in at the end.

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 feta out of your meal. Adding a sprinkle of pecans, walnuts, or almonds would give great body at home.

Health snapshot per serving – 780 Calories, 30 Protein, 10g Fiber, 21 WW+ Points

Lightened up snapshot – 500 Calories, 10 g Fat and 14 WW+ Points when you leave out the feta and only use half of the pasta.

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

INGREDIENTS: Mushrooms, Whole Wheat Pasta, Feta Cheese, Green Onions, Roasted Red Peppers, Olive Oil, Lemon, Parsley, Concentrated Vegetable Stock

meez meals

1. Getting Organized

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

2. Sauté the Mushrooms & Green Onions

Heat 2 Tbsp of olive oil in a large skillet over high heat. Add the **Mushrooms & Green Onions** and cook until golden brown, about 10 to 12 minutes.

*Stir every 3 minutes.
Stirring less frequently
will brown the mushrooms
better.*

3. Cook the Shells

Salt the boiling water and add the **Whole Wheat Shells**. Cook until al dente, about 8 to 10 minutes. Drain and set aside.

*Shells have a tendency to
stick, so stir while
cooking.*

4. Bake the Feta

Oil an oven-safe skillet or rimmed baking sheet and add the **Feta** in a single layer. Bake until lightly golden brown at the edges, about 7 to 12 minutes.

*If you have a convection
setting, go ahead and use it
for the feta.*

5. Put It All Together

Add the hot feta to the sautéed mushrooms and pour the **Lemon & Pepper Oil** over top. Mix well and serve over the pasta. Add more oil if you'd like and enjoy!

Love this recipe? #meezmagic

Instructions for two, four and six servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by March 22

Argentinean Black Beans & Rice Bowl

We're updating the classic black beans and rice with a zippy exotic touch: Chimichurri! This spicy Argentinean parsley sauce is served with sweet potatoes, queso fresco and black beans over brown rice. It's a simple, hands-free dinner we just love. Yum!

40 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
2 Saucepans
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Brown Rice
Sweet Potatoes
Chimichurri Salsa
Black Beans & Onions

Make The Meal Your Own

Want to get dinner on the table in a flash? Cook the rice and sweet potatoes ahead of time. Dinner will be on the table in 15 minutes.

Kids and picky eaters love this recipe. If yours aren't a fan of chimichurri, serve theirs with avocado, tomatoes, or their favorite red salsa.

Omnivore's Option – Steak is a traditional partner for chimichurri and is right at home in this bowl.

Good To Know

If you're making the vegan version, we've left the queso fresco out of your chimichurri salsa. If you like your salsa creamier, add 2 Tbsp of your favorite vegan mayo.

Health snapshot per serving – 450 Calories, 20 g Protein, 25 g Fiber, 13 WW+ Points

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

INGREDIENTS: Sweet Potatoes, Black Beans, Brown Rice, Onion, Queso Fresco, Red Wine Vinegar, Lime, Parsley, Olive Oil, Garlic, Spices

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1. Getting Organized

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

2. Cook the Rice

Rinse the rice under cold water using a strainer. Add the **Brown Rice** to the saucepan of boiling water and simmer uncovered over medium heat for 30 minutes. Drain, then return to the saucepan. Cover, and let sit 5 minutes.

We cook our brown rice like pasta. If the water is boiling, you're good to go.

3. Roast the Sweet Potatoes

Put the **Sweet Potatoes** on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss well, then arrange in a single layer and bake until tender, about 20 to 25 minutes.

4. Make the Chimichurri Salsa

While the sweet potatoes are cooking, mix the **Chimichurri Salsa** in a bowl with 2 to 3 Tbsp of olive oil, then add salt to taste. Set aside.

5. Cook the Black Beans

When you're about 15 minutes away from eating, heat 1 Tbsp olive oil in a saucepan over medium-high heat. Add the **Black Beans & Onions** and cook for 2 to 3 minutes. Add ¼ cup water and turn the heat down to a simmer. Cook for 10 to 15 minutes, mashing the beans with a fork.

Serve the rice topped with the beans, sweet potatoes and chimichurri salsa. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Cook by March 22

Sesame Ginger Broccoli Tofu and Udon Noodle Stir-fry

Broccoli and Asian flavors were made for each other, especially when those flavors are ginger and coconut milk. Together, they make for a bright, complex sauce that we can't stop eating. We're serving it with udon noodles, blackened tofu and a fresh nut and herb topping. (Don't love spice? Don't worry! This tofu is flavorful but doesn't pack a punch.)

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Saucepan
Rimmed Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Seasoned Tofu
Udon Noodles
Broccoli
Coconut Ginger
Sauce
Herbs & Nuts

Make The Meal Your Own

Picky Eaters Tip – Toss their portion with plain sesame oil, instead.

Omnivore's Option – Fish is perfect with this recipe. Grilled salmon would be Chef Max's choice. Serve the sauce over top and finish with the herbs & nuts.

Good To Know

To avoid the noodles clumping after cooking, run them under cold water in a strainer or add 1 Tbsp of oil and toss.

If you're making the gluten-free version, we've given you rice noodles. Soak them in hot water for 15-20 minutes before tossing with the rest of the ingredients.

Health snapshot per serving –410 Calories, 20g Protein, 5g Fiber, 11 WW+ Points

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

INGREDIENTS: Broccoli, Organic Tofu, Coconut Milk, Udon Noodles, Cashews, Lime, Ginger, Soy Sauce, Basil, Cilantro, Miso, Brown Sugar, Spices, Cornstarch

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1. Getting Organized

Put a saucepan of water on to boil and preheat your oven to 375.

2. Bake the Tofu

Put the **Seasoned Tofu** on to a rimmed baking sheet with 1 ½ Tbsp of olive oil. Mix gently, then bake on the top rack until the seasoning has darkened and the tofu is slightly crisp, about 15 to 20 minutes.

Be gentle as you mix so the tofu doesn't break apart.

3. Cook the Udon Noodles

When the tofu is just about done, salt the boiling water and add the **Udon Noodles**. Cook until al dente, about 10 minutes, then drain.

4. Sauté the Broccoli

While the udon noodles are cooking, heat 2 Tbsp olive oil in a large skillet. When it's good and hot, add the **Broccoli** and cook until tender, about 5 to 8 minutes, then set aside in a separate pan or bowl.

Test if the oil is hot enough by adding a few grains of salt. When they sizzle, it's ready to cook.

5. Simmer the Sauce

Add the **Coconut Ginger Sauce** to the now-empty skillet and bring to a boil. Lower the heat to a simmer and cook until it thickens to a gravy-like consistency, about 5 to 8 minutes.

Add the noodles, broccoli and tofu and mix well. Serve topped with the **Herbs & Nuts** and enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by March 22

Hearty Tuscan-Style Spaghetti Squash "Pasta" Bake

Classic Italian flavors, baked up in a delicious, healthy, low-carb casserole. We're replacing the noodles of a traditional pasta bake with spaghetti squash, and then combining it with a hearty tomato sauce and meaty chickpeas before topping it all with creamy mozzarella. Some might call this a crustless pizza casserole. Others may call it baked "spaghetti." We just call it delicious.

50 Minutes to the Table

20 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

Skillet
Casserole Dish or
Dutch Oven

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Spaghetti Squash
Chickpeas & Onions
Tomato Sauce
Mozzarella
Parsley

Make The Meal Your Own

This is a great make-ahead dinner. You can cook the squash in advance and assemble the casserole when you're ready to eat. Or, you can prep everything in the casserole dish, but leave the final 10 minutes of baking with the cheese for when you're ready to serve.

Kids tip – Once the spaghetti squash has cooled a bit, let your kids help pull the squash strands away from the skin. They'll get a kick out of the transformation and will be excited to try a vegetable that looks like noodles.

Omnivore's Option – Ground sausage is a great addition to this dish. Crumble and cook it with the chickpeas and onions.

Good To Know

A note on pans – If you don't have a Dutch oven with a lid, cover your spaghetti squash with foil while it bakes.

Health snapshot per serving – 435 Calories, 20g Protein, 10g Fiber, 11 WW+ Points

Lightened up snapshot – 385 Calories, 5g Fat and 9 WW+ points with half the mozzarella.

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

INGREDIENTS: Spaghetti Squash, Chickpeas, Tomatoes, Onion, Mozzarella, White Wine, Parsley, Garlic, Vegetable Base, Herbs and Spices

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1. Getting Organized

Preheat your oven to 375.

2. Cook the Squash

Put the **Spaghetti Squash** pieces skin side up in a casserole dish and add ½ cup of water. Cover and cook until the squash strings off easily when you run a fork on it, about 20 to 25 minutes. Remove the squash to a colander and run under cold water until it's cool enough to handle, 3 to 5 minutes. Use a fork to pull the squash away from the skin into spaghetti-like strands. Discard the skin. Drain any excess water from the pan. Set the pan aside – you'll need it again to bake the casserole.

You can use the microwave to save time on this step. Just put the squash on a microwave-safe dish, add the water, cover and heat for 5 to 10 minutes.

3. Make the Casserole

Heat 2 Tbsp olive oil in a large skillet on high heat. Add the **Chickpeas & Onions** to the pan and cook until well caramelized, stirring occasionally, about 6 to 8 minutes.

Reduce the heat to medium and add the **Tomato Sauce**. Cook until slightly thickened, 5 to 8 minutes. Stir the squash into the pan.

4. Put It All Together

Transfer all of the ingredients to the casserole dish. Sprinkle the **Mozzarella Cheese** evenly over the top and bake until it's starting to brown and the casserole is bubbling, about 10 to 15 minutes. Serve topped with **Parsley**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by March 22

Classic Chicken Alfredo & Roasted Red Pepper Flatbread

Turn dinnertime into fun-time. Let the kids (young or old) have fun shaping and kneading the flatbread dough. Then top it off with creamy Alfredo sauce, tender chicken strips, and sweet roasted peppers.

35 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Rimmed Baking Sheet

FROM YOUR PANTRY

Flour
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Whole Wheat Pizza Dough
Alfredo Sauce
Chicken Strips
Roasted Red Peppers
Parmesan Cheese

Make The Meal Your Own

Cooking with a picky eater? Skip the roasted red peppers on their slices.

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.

Have leftover veggies in your fridge? Sliced mushrooms, spinach, or even blanched broccoli would be great on this flatbread.

Good To Know

Be sure to generously season your chicken with salt and pepper before cooking. Chef Max recommends using ¼ tsp of each.

Health snapshot per serving – 635 Calories, 25g Fat, 35g Protein, 65g Carbs, 16 WW+ Points

Lightened up snapshot – 470 Calories, 20g Fat and 11 WW+ Points with no parmesan and 2/3 of the pizza dough.

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

INGREDIENTS: Whole Wheat Pizza Dough, Free-Range Chicken, Parmesan Cheese, Roasted Red Peppers, Heavy Cream, White Wine, Apple Cider Vinegar, Garlic, Black Pepper

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1. Getting Organized

Preheat your oven to 425 and take the pizza dough out of the refrigerator. Generously season the **Chicken Strips** with ¼ tsp each of salt and pepper.

Don't forget to take the dough out. Warmer dough is easier to work with!

2. Assemble the Flatbread

Shape your **Whole Wheat Pizza Dough**. Sprinkle your counter with a little flour and stretch the dough into shape. The size and thickness are up to you, but we target about ¼" thickness.

We usually make two-person pizzas and ours are about 8" wide and 14" long.

Transfer the dough to your baking sheet and top the flatbread with the chicken, **Alfredo Sauce**, **Roasted Red Peppers** and **Parmesan Cheese**.

3. Bake the Flatbread

Bake the flatbread until the crust is well browned, about 20 to 25 minutes. Remove from the oven and let rest for 5 minutes before serving. Enjoy!

Be sure to let the chicken rest - it keeps it juicy.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by March 22

Kung Pao Beef Tacos with Crunchy Broccoli Slaw

Can't decide between Chinese or Mexican? You won't have to choose with our kung pao sauce drizzled sirloin strips, wrapped in a warm tortilla and topped with basil cilantro sesame crunch. Who says you can't have everything.

15 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Large Skillet
- Small Skillet (optional)

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Sirloin Strips
- Kung Pao Sauce
- Broccoli Slaw
- Tortillas
- Herbs & Sesame Seeds

Make The Meal Your Own

Leftover tip – This makes a great leftover lunch. Serve the beef and slaw over your favorite rice or noodle.

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 Trevor & Travis Vanwell, 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 – 640 Calories, 25g Fat, 45g Protein, 55g Carbs, 16 WW+ Points

Lightened up snapshot – 440 Calories, 25g Fat, 11 WW+ Points when you make a stir-fry, using no tortillas and ½ the kung pao sauce.

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

INGREDIENTS: Broccoli Slaw, Grass-Fed Beef, Corn Tortillas, White Wine, Soy Sauce, Sesame Seeds, Sambal, White Vinegar, Brown Sugar, Sesame Oil, Basil, Cilantro, Garlic, Cornstarch

meez meals

1. Cook the Beef

Heat 1 Tbsp of oil in a large skillet over high heat. Generously season the **Sirloin Strips** with ½ tsp each salt and pepper and add them to the hot oil. Let sit undisturbed until the bottom and sides of the meat has started to brown, about 3 minutes. Add the **Kung Pao Sauce** and bring to a boil. As soon as the sauce starts to thicken, remove the skillet from the heat.

Off the heat, add the **Broccoli Slaw** to the skillet off the heat and stir to incorporate. Let rest for 5 minutes.

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

2. Heat the Tortillas

While the meat is resting, heat your **Tortillas** in a small, dry skillet on the stove or directly over a gas burner until soft and pliable, about 30 seconds per side.

3. Put It All Together

Serve the tortillas filled with beef and slaw and top with **Herbs & Sesame Seeds** to taste. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by March 22

Mediterranean Lemon Chai Salmon with Pearl Couscous

This Greek-inspired dish marries our Chai citrus sauce with Omega-3 rich salmon and vitamin packed broccoli for a healthy, family-friendly meal. Perfect for lunchtime leftovers.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Shallow Pie Dish or Plate
Large Skillet

FROM YOUR PANTRY

½ Cup of Flour
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Couscous
Salmon
Broccoli
Lemon Chai Sauce
Feta Cheese

Make The Meal Your Own

Leftovers Tip – Serve your leftovers over lettuce for a great, light next-day lunch.

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

Good To Know

If you want to test the doneness of the salmon, use a thermometer. You want the internal temperature to be at least 140 degrees. If you don't have a thermometer, you can cut the fish in half to check the doneness.

Health snapshot per serving – 940 Calories, 50g Fat, 40g Protein, 90g Carbs, 25 WW+ Points

Lightened up snapshot – 450 Calories, 25g Fat and 13 WW+ Points with no feta or flour, and ½ the couscous and lemon chai sauce.

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

INGREDIENTS: Broccoli, Wild-Caught Salmon, Couscous, Cherry Tomatoes, Feta Cheese, Olive Oil, Lemon Juice, Green Onion, Brown Sugar, Garlic, Herbs and Spices

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1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Couscous

Salt the boiling water and add the **Couscous**. Cook 7 to 8 minutes until al dente. Drain and set aside.

3. Dredge and Cook the Salmon

While the couscous is cooking, pour ½ cup flour in a shallow pie pan or on a plate and add a generous pinch of salt and pepper. Coat the **Salmon** with the flour, making sure the entire filet is covered.

Heat 2 Tbsp of oil in a large 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. Set aside.

4. Cook the Broccoli

Heat the same skillet that you used to cook the salmon over medium-high heat. (Don't wipe it out. You want all those bits of flavor.) Add the **Broccoli** and cook until bright green but still crisp, about 3 to 5 minutes. Add the **Lemon Chai Sauce** to the pan and cook until hot, about 1 minute.

Serve the couscous topped with salmon, broccoli and **Feta**. Enjoy!

Love this recipe? #meezmagic

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

If you want to check the doneness of the fish, use a thermometer (you're looking for 140 degrees or higher) or cut the fish in half.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by March 22

Roasted Parsnip & Garden Fresh Basil Pea Pesto Quesadilla

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Vegetable Oil

4 MEEZ CONTAINERS

Tortillas

Parsnips

Gouda

Basil Pea Pesto

Good to Know

Health Snapshot per serving (serves 1)

800 Calories, 45g Fat, 80g Carbs, 10g Fiber

22 WW+ Points

Lightened up snapshot (1 tortilla, ½ gouda & pesto) 500 Calories, 30g Fat, 13 WW+ Points

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

25 *Minutes to the Table*

5 *Minutes Hands On*

1 Whisk *Super Easy*

INGREDIENTS: Flour Tortillas, Parsnip, Gouda, Peas, Olive Oil, Lemon Juice,
Basil, Garlic

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1. **Getting Organized**

Preheat your oven to 400.

2. **Roast the Veggies**

Toss the **Parsnips** with 1 Tbsp of oil and spread in a single layer on a baking sheet. Roast until just starting to brown, 7 to 10 minutes. Remove to a bowl or plate.

3. **Build the Quesadilla**

Oil the now-empty 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 Pea Pesto** on the tortilla and then top with half of the **Gouda** and all of the parsnips. Sprinkle the remaining gouda on top. Top with the second tortilla, oiled-side up, and gently press down.

4. **Put It All Together**

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

Prepare by March 22

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

Greek 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

Marinated

Vegetables

Put It All Together

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

Good to Know

Health Snapshot per serving (serves 1)

520 Calories, 15g Protein, 60g Carbs, 25g Fat,
14 WW+ Points

Have Questions?

We're standing by at 773.916.6333

INGREDIENTS: Cucumber, Pita Chips, Brown Rice, Peas, Feta, Yogurt, Kidney Beans, Cannellini Beans, Mayonnaise, Red Wine Vinegar, Brown Sugar, Lemon, Garlic, Herbs

Prepare by March 22

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