

Pasta Fresca

We're hooked on fresh pasta (pasta fresca). It has a fresh flavor light-years away from traditional semolina. We're cooking it up this week with a peppery parmesan cream sauce, roasted butternut squash and fresh spinach. The result? Simply delicious.

40 *Minutes to the Table*

20 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
Large Skillet
Non-Stick Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Butternut Squash
Fresh Pasta
Onion
Cream Sauce
Spinach
Parmesan Cheese

Make The Meal Your Own

Kids and picky eaters tip – This cream sauce is a crowd pleaser, but if someone in your family doesn't love it, serve the dish with a simple olive oil drizzle, instead. The spinach, squash and Parmesan will still be delicious.

Omnivore's Option – Broiled salmon is great with this dinner. Serve it over the pasta and top with the Parmesan crisp.

Good To Know

If you're making the gluten-free version, we've given you gluten-free pasta. Boil your pasta as you normally would while the squash is roasting and then toss with the spinach and sauce before serving topped with the Parmesan crisp.

Health snapshot per serving – 680 Calories, 25g Protein, 30g Fat, 70g Carbs, 17 WW+ Points

Lightened up snapshot – 505 Calories, 20g Fat and 13 WW+ Points when you use ½ the Parmesan and 2/3 of the cream sauce.

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

INGREDIENTS: Butternut Squash, Spinach, Fresh Pasta, Half & Half, Parmesan, Onion, White Wine, Garlic, Concentrated Vegetable Stock, Black Pepper

meez meals

1. Getting Organized

Preheat your oven to 425.

2. Roast the Squash

Put the **Butternut Squash** on to a rimmed baking sheet, drizzle with 2 Tbsp. olive oil, and season with salt and pepper. Bake until crispy and golden, about 15 to 25 minutes.

Flip the squash halfway through the roasting time.

While the squash is roasting, cut the **Fresh Pasta** into 1-inch strips.

3. Make the Sauce

Heat 1 Tbsp olive oil in a large skillet over high heat. Add the **Onion** and sauté 3 to 5 minutes, until translucent. Add 1 Tbsp of flour and the butternut squash and cook 1 more minute. Add the **Cream Sauce** and bring to a boil, scraping the bottom of the pan. Lower heat and simmer for 3 to 5 minutes, until thickened.

If the sauce is looking dry and clumpy, add another ½ cup of water.

Stir the **Spinach** into the sauce until the spinach is mostly wilted and the sauce is thick, about 3 minutes. Add the fresh pasta into the sauce and stir to coat. Cook an additional 2 minutes.

4. Make the Parmesan Crisp

Heat a non-stick skillet over medium heat. Sprinkle the **Parmesan** into the pan, overlapping some pieces. Cook until it turns golden, flip and then cook until golden on the other side. Remove to a plate and break into large pieces. Serve pasta topped with Parmesan crisp. Enjoy!

This step is optional. We love the crunch of the crisp, but you could just sprinkle the Parmesan over top of your finished dish.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by May 10

Crispy Wonton Cups with Peanut Satay Sauce

Back by popular demand! We're making crispy wonton tartlets, and filling them with kale, toasted coconut and edamame, then topping it all off with our favorite Thai peanut sauce. One taste and you'll be hooked. (Do note: a muffin tin is key to the magic on this one.)

30 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Rimmed Baking
Sheet
Muffin Tin
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Kale
Coconut
Wonton Wrappers
Edamame
Peanut Sauce

Make The Meal Your Own

Cooking with a picky eater? This dinner is a crowd pleaser, and kids tell us the peanut sauce makes every veggie tasty.

Want to put a different spin on this meal? Serve the veggies and sauce over rice and top with crispy wonton strips.

Good To Know

Health snapshot per serving – 570 Calories, 20g Protein, 15g Fiber, 16 WW+ Points

Lightened up snapshot – 480 Calories, 20 g Fat and 15 WW+ Points by using just $\frac{3}{4}$ of the peanut sauce.

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

INGREDIENTS: Wontons, Kale, Edamame, Coconut, Peanut Butter, Rice Vinegar, Soy Sauce, Brown Sugar, Garlic, Ginger, Basil, Spices

meez meals

1. Getting Organized

Preheat your oven to 350.

2. Bake the Kale

Put your **Kale** on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Arrange in a single layer and bake until starting to crisp, about 15 minutes. Sprinkle the **Coconut** on top and cook just until toasted, about 3 to 5 minutes.

3. Bake the Wonton Cups

While the kale is cooking, brush or spray a muffin tin and the **Wonton Wrappers** with oil. Arrange 3 wonton wrappers in each muffin cup so that all of the sides of the tin are covered and an inch or two of overhang exists over the top. You should have 3 cups per person. Bake for 5 minutes.

Put the **Edamame** into a mixing bowl along with half of the **Peanut Sauce**. Mix it all together, then distribute the filling between the cups.

Bake until the wontons are caramel colored and you can lift the cups out a little bit without the bottoms falling out, about 10 to 15 minutes.

Fill the cups with the crisped kale, coconut and a little more sauce, if you'd like. Enjoy!

Love this recipe? #meezmagic

Your goal is a single layer of wonton, except where the edges overlap.

We've given you plenty of sauce, so add more on top of the finished cups if you'd like. Chef Max says a little goes a long way, though, so go slow.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by May 10

Lemon Chai Brussels Sprouts Over Pearl Couscous

We crave the sunny flavors of the Mediterranean this time of year. One bite of this gem, and we were transported. The magic comes from lemon-chai vinaigrette, which has a depth of flavor that pairs perfectly with crispy Brussels sprouts. We're serving it over pearl couscous with feta and walnuts. The result is simple and delicious.

15 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Brussels Sprouts
Couscous
Lemon-Chai
Vinaigrette
Feta Cheese
Walnuts

Make The Meal Your Own

Cooking with a picky eater? Try serving this over pasta, instead.

Omnivore's Option – Broiled halibut is delicious on top of this dinner.

Good To Know

If you're making the gluten-free version, we've given you quinoa. Cooking it up is easy. Just bring 2 ½ cups of water to a boil, then add the quinoa and a dash of salt. Cover and lower the heat to a simmer. Cook for 12 to 15 minutes, until the grain blooms and most of the liquid is absorbed. Fluff it up and let it sit covered for 5 minutes more. (If you have leftover liquid, simply drain it off.)

If you're making the vegan version, we're skipping the feta. Add an extra pinch of salt and you'll be all set.

Health snapshot per serving – 835 Calories, 30g Protein, 10g Fiber, 25 WW+ Points

Lightened up snapshot – 500 Calories, 45 g Fat and 17 WW+ points with half the couscous and no cheese.

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

INGREDIENTS: Brussels Sprouts, Couscous, Feta Cheese, Olive Oil, Walnuts, Lemon, Green Onions, Brown Sugar, Garlic, Herbs & Spices

meezmeals

1. **Get Organized**

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

2. **Roast the Brussels Sprouts**

Put the **Brussels Sprouts** 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 lightly brown, 10 to 12 minutes.

3. **Cook the Couscous**

While the sprouts are cooking, salt your boiling water generously and add the **Couscous**. Cook until al dente, 5 to 10 minutes. Drain, return to the saucepan and set aside until the sprouts are done cooking.

4. **Put It All Together**

When the sprouts are done, add them to the saucepan with the couscous and stir in the **Lemon-Chai Vinaigrette**. Heat over medium until warm throughout, about 2 minutes.

Top with the **Feta Cheese** and **Walnuts** and enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by May 10

Sesame Ginger Asparagus with Blackened Tofu

Asparagus and Asian flavors were made for each other, especially when those flavors are ginger and sesame oil. 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
Asparagus
Sesame 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, and grilled salmon is Chef Max's choice. Serve the sauce over top and finish with the herbs and 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 to 20 minutes before tossing with the rest of the ingredients.

Health snapshot per serving – 410 Calories, 20g Protein, 5g Fiber, 12 WW+ Points

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

INGREDIENTS: Asparagus, Organic Tofu, Coconut Milk, Udon Noodles, Cashews, Lime, Ginger, Gluten-Free Soy Sauce, Herbs, Sesame Oil, Miso, Brown Sugar, Spices, Cornstarch

meezmeals

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 Asparagus

While the udon noodles are cooking, heat 1 Tbsp olive oil in a large skillet. When it's good and hot, add the **Asparagus** and cook until bright green, about 5 to 7 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 **Sesame 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, asparagus 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 May 10

Kentucky BBQ Beef

Get ready for a new family favorite. We're cooking free-range beef Kentucky BBQ style, which means plenty of barbeque sauce, cornbread and baked beans. Served up with fresh broccoli and topped with cheddar cheese, it's a down home meal the whole family will love.

30 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Oven-Safe Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Sirloin
Beans & Onions
Barbecue Sauce
Cornbread
Shredded Broccoli
Cheddar Cheese

Make The Meal Your Own

Leftovers Tip – Toss extra meat and beans with kale or spinach in a casserole dish. Top with additional cheese if you like. (Cheddar is great, but anything you have on hand will work.) Bake at 350 degrees until warm throughout, about 10 minutes.

We're working with farmers like Lacy & Chris Meyer, who farm with care and dedication to their animals, with open pastures and never any antibiotics and growth-promoting hormones.

Good To Know

If you don't have an oven-safe skillet, transfer the beef and beans to a casserole dish before putting it in the oven.

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

Health snapshot per serving – 905 Calories, 70g Protein, 35g Fat, 80g Carbs, 23 WW+ Points

Lightened up snapshot – 480 Calories, 15g Fat and 12 WW+ points with no cornbread or cheddar cheese.

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

INGREDIENTS: Grass-Fed Beef Sirloin, Cornbread, Broccoli Slaw, Barbecue Sauce, Onion, White Cheddar Cheese, Black Beans, Kidney Beans, Great Northern Beans, Garlic, Herbs and Spices

meezmeals

1. Get Organized

Preheat your oven to 375 degrees.

2. Cook the Sirloin and Beans

Heat a large, dry oven-safe skillet over high heat. While the pan is heating, sprinkle the **Sirloin** with salt and pepper. (We recommend 1/4 tsp salt and 1/4 tsp pepper for each side, but you can use more if you like). Lay the sirloin strips in the pan and cook, without disturbing, until well browned on the bottom, about 3 to 5 minutes. Flip and continue cooking until completely browned, 2 to 3 more minutes.

Add the **Beans & Onions**, **Barbecue Sauce** and ½ cup water to the pan. Stir to incorporate.

Put the skillet into the oven and bake 10 minutes. Take it out and stir, scraping any browned bits from the sides and bottom of the pan. Return to the oven and bake until the sauce is thick and bubbling, about 5 more minutes.

The beef releases its own fat once it hits the hot pan, so there's no need for extra oil here.

3. Prep the Cornbread and Slaw

While the sirloin and beans are cooking, slice the **Cornbread** into 4 pieces. Lay each piece flat on a foil-lined baking sheet and top with the **Shredded Broccoli**. Put the sheet pan into the oven and cook until the cornbread is just toasted on the edges and the shredded broccoli is warm throughout, 3 to 4 minutes.

If your skillet isn't oven-safe, transfer the sirloin and beans to a casserole dish.

4. Put It All Together

Top the cornbread with sirloin, beans and **Cheddar Cheese**. Return to the oven and bake until the cheese is melted, 5 to 7 minutes. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by May 8

Chicken Enchiladas Verde

Classic enchiladas verde with a healthy Meez tweak. It all starts with a zesty chile verde sauce that's perfect with all-natural chicken breast and vitamin-C rich cauliflower. Wrapped up in a warm tortilla and topped with gooey Chihuahua cheese, this dinner is simply delicious.

40 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
9x9 Casserole Dish
Slotted Spoon
(Optional)

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Chicken Breast
Cauliflower
Chile Verde Enchilada
Sauce
Chihuahua Cheese
Corn Tortillas

Make The Meal Your Own

Picky Eaters Tip – These enchiladas are a great way to sneak veggies into dinner. If you're cooking with someone who doesn't like cauliflower, you can replace it with another vegetable, like green or red bell peppers. Dice them into small pieces and cook them with the chicken in step 3.

This dinner is flavorful but not spicy. If you want to add a kick, add a little crushed red pepper or diced jalapenos to the sauce.

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

A note on pan size – Chef Max recommends a 9x9 baking dish if you're cooking for 2 or 3 people or a 9x13 baking dish if you're cooking for 4 or more.

Health snapshot per serving – 545 Calories, 50g Protein, 20g Fat, 50g Carbs, 13 WW+ Points

Lightened up snapshot – 490 Calories, 15g Fat and 12 WW+ points with half the cheese.

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

INGREDIENTS: Free-Range Chicken, Cauliflower, Corn Tortillas, Prepared Green Chile Enchilada Sauce, Chihuahua Cheese, Lime Juice, Herbs and Spices

meezmeals

1. Get Organized

Preheat your oven to 375 degrees.

2. Prep the Chicken

Rinse the **Chicken Breast** under cold water and pat dry with a paper towel. Place the chicken on a cutting board. Using a sharp knife, cut the chicken breast evenly into strips, about ¼" to ½" wide.

Sprinkle with salt and pepper. (We recommend 1/8 tsp salt and 1/8 tsp pepper on each side, but you can use more if you like).

You want medium-length strips, so cut across the width of the chicken (the short side).

3. Cook the Chicken and Cauliflower

Heat 1 Tbsp of oil in a large skillet over medium-high heat. Once the oil is hot, add the chicken and cook, without stirring, until the bottom is well browned, about 5 to 7 minutes. Flip the chicken and add the **Cauliflower** to the pan. Continue cooking, stirring occasionally, until the cauliflower and chicken are both browned, 10 to 12 minutes.

Add the **Chile Verde Sauce** and ¼ cup of water to the pan. Bring to a boil, then reduce heat and simmer until thickened slightly, about 3 to 5 minutes.

4. Heat the Tortillas

While the sauce is simmering, heat the tortillas until just pliable. You can do this in a dry skillet on the stove or directly over a gas burner for about 30 to 60 seconds per tortilla).

5. Roll and Bake the Enchiladas

Using a slotted spoon, remove the chicken and cauliflower (try to leave some of the sauce behind) from the skillet and divide between each of the **Corn Tortillas**. Once filled, roll the tortillas to close and place, seam-side-down in the casserole dish. Bake just until the tortillas start to crisp, about 3 minutes.

Pour the reserved sauce over the enchiladas, and then sprinkle the **Chihuahua Cheese** over top. Bake until the cheese is melted and browned, 5 to 7 minutes. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by May 8

Single Serve Thai Pizza

30 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Olive Oil

Flour

4 MEEZ CONTAINERS

Carrots

Pizza Dough

Peanut Sauce

Coconut

Good to Know

Make it your own – Chopped cilantro, bean sprouts or chopped peanuts are all great toppers if you want to add something extra.

Health Snapshot per serving (serves 1)

775 Calories, 20g Protein, 35g Fat, 22 WW+ Points

Lightened up snapshot (1/4 coconut, 1/2 sauce)

500 Calories, 15g Protein, 15g Fat, 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, Carrot, Peanut Butter, Coconut, Rice Vinegar, Soy Sauce, Brown Sugar, Garlic, Herbs and Spices

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1. **Getting Organized**

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

2. **Roast the Carrots**

Toss the **Carrots** with 1 Tbsp of oil and spread in a single layer on a baking sheet. Roast until lightly browned at the edges, about 7 to 10 minutes, and then move the carrots to one side of the baking sheet to make room for the pizza.

3. **Make the Pizza**

While the carrots are 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 the baking sheet. Spread the **Peanut Sauce** on the dough and then top with roasted carrots. Bake 10 minutes, sprinkle the top with **Coconut** and then bake until the crust is brown, another 3 to 5 minutes. Enjoy!

Love this recipe? #meezmagic

Prepare by May 10

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, 35g 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 May 10

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

Broccoli with Marinated Feta

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Large Skillet
Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper
Olive Oil

2 MEEZ CONTAINERS

Broccoli
Marinated Feta

Put It All Together

Heat 1 Tbsp of olive oil in a large skillet over high heat. Add the **Broccoli** and cook until it's bright green, about 2 to 3 minutes. Add 1 Tbsp of water and cook until it evaporates, about 30 seconds. Transfer to a mixing bowl and toss with the **Marinated Feta**. Drizzle with ½ Tbsp of olive oil and season with salt and pepper to taste.

Good to Know

Health Snapshot per serving (serves 2)

340 Calories, 30g Fat, 5 WW+ Points

Have Questions?

We're standing by at 773.916.6333

INGREDIENTS: Broccoli, Feta Cheese, Olive Oil, Almonds, Lemon, Brown Sugar, Herbs & Spices

Prepare by May 10

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

Quick Tips

Pasta Fresca

40 Min to Table	20 Min Hands On	2 Whisks Easy
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Getting Started Preheat your oven to 425.

Omnivore Option Broiled salmon is a great choice with this dish.

From Your Pantry You'll need olive oil, salt, and pepper.

Sesame Ginger Asparagus with Blackened Tofu

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat oven to 375 & put a pot of water on to boil.

Omnivore Option Grilled salmon is perfect in this meal.

From Your Pantry You'll need olive oil, salt and pepper.

Crispy Wonton Cups with Peanut Satay Sauce

30 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 350.

Omnivore Option We like this dish as is.

From Your Pantry You'll need olive oil, salt and pepper.

Lemon Chai Brussels Sprouts Over Pearl Couscous

15 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 400 and put a pot of water on to boil.

Omnivore Option Halibut tastes great with this recipe.

From Your Pantry You'll need some olive oil, salt, and pepper.

Kentucky BBQ Beef

30 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 375.

Leftovers Tip Toss meat & beans with kale or spinach in a casserole dish.

From Your Pantry You'll need olive oil, salt and pepper.



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Chicken Enchiladas Verde

40 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat oven to 375.

Picky Eaters Tip Replace the cauliflower with another vegetable.

From Your Pantry You'll need olive oil, salt and pepper.

Thai Pizza

30 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started No pre-work needed!

Meal Tip Cilantro & peanuts are great extra toppers.

From Your Pantry You'll need olive oil and flour.

Hawaiian Quesadilla

20 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 400.

Meal Tip Skip the corn and pineapple and serve as a salsa on the side.

From Your Pantry You'll need some vegetable oil.

Eating Green, Made Easy

Meez is honored to be the country's first and only
DIY meal kit service to be a Certified Green Restaurant®

Visit www.meezkitchen.com/green to learn more

Hawaiian Quesadilla

20 *Minutes to the Table*

5 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Vegetable Oil

4 MEEZ CONTAINERS

Tortillas

Cheese

Corn & Pineapple

Spiced Beans

Good to Know

Want a simpler version of this? Skip the corn and pineapple and serve as a salsa on the side instead.

Health Snapshot per serving (serves 1)

900 Calories, 40g Fat, 10g Fiber, 24 WW+ Points

Lightened up snapshot (1 tortilla, 1/3 cheese)

500 Calories, 15g Fat, 14 WW+ Points

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

INGREDIENTS: Flour Tortillas, Black Beans, Quesadilla Cheese, Corn, Pineapple, Water, Herbs and Spices

meezmeals

1. Getting Organized

Preheat your oven to 400.

2. Prep the Tortillas

Oil the baking sheet with 1 to 2 Tbsp oil. 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.

3. Build the Quesadilla

Spread the **Spiced Black Beans** on the tortilla. Sprinkle the **Corn & Pineapple** on top of the beans and then top everything with the **Cheese**. 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, 8 to 10 minutes. Flip the quesadilla, and cook an additional 3 to 4 minutes. Cut into wedges and serve. Enjoy!

Love this recipe? #meezmagic

Prepare by May 10

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

Health Snapshot

Pasta Fresca	Wonton Cups	Lemon Chai Brussels	Sesame Ginger Asparagus	Kentucky BBQ Beef
680 Calories	570 Calories	835 Calories	410 Calories	905 Calories
25 g Protein	20 g Protein	30 g Protein	20 g Protein	70 g Protein
30 g Fat	25 g Fat	55 g Fat	10 g Fat	35 g Fat
70 g Carbs.	80 g Carbs.	80 g Carbs.	60 g Carbs	80 g Carbs.
10 g Fiber	15 g Fiber	10 g Fiber	5 g Fiber	10 g Fiber
1,460 mg Sodium	1,110 mg Sodium	700 mg Sod.	250 mg Sodium	1,795 mg Sodium
17 WW+ Points	16 WW+ Points	25 WW+ Points	12 WW+ Points	23 WW+ Points
435% Vitamin A	155% Vitamin A	300% Vitamin C	30% Vitamin A	125% Vitamin C
120% Vitamin C	105% Vitamin C	45% Folate	30% Calcium	75% Vitamin B12
100% Calcium	10% Calcium	35% Vitamin A	50% Vitamin C	75% Vitamin A

Lighten Up Option

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

Pasta Fresca	Wonton Cups	Brussels	Asparagus	Beef
<i>½ Parmesan, 2/3 cream sauce</i>	<i>¾ of peanut sauce</i>	<i>½ couscous, no cheese</i>	<i>No changes</i>	<i>No cheese or cornbread</i>
505 Calories	480 Calories	500 Calories	410 Calories	480 Calories
20 g Fat	20 g Fat	45 g Fat	10 g Fat	15 g Fat
13 WW+ Points	15 WW+ Points	17 WW+ Points	12 WW+ Points	12 WW+ Points

Health Snapshot

Chicken Enchiladas Verde

545 Calories
50 g Protein
20 g Fat
50 g Carbs.
5 g Fiber
315 mg Sodium

13 WW+ Points

60% Vitamin B6
50% Vitamin C
30% Calcium

Marrakesh Salad

660 Calories
15 g Protein
35 g Fat
95 g Carbs.
20 g Fiber
715 mg Sodium

18 WW+ Points

55% Vitamin C
213% Vitamin A
68% Vitamin B-6

Thai Pizza

775 Calories
20 g Protein
35 g Fat
110 g Carbs.
15 g Fiber
2,465 mg Sodium

22 WW+ Points

10% Vitamin C
10% Calcium
5% Folate

Broccoli with Marinated Feta

340 Calories
10 g Protein
30 g Fat
15 g Carbs.

5 WW+ Points

265% Vitamin C
50% Vitamin A
30% Folate

Hawaiian Quesadilla

900 Calories
40 g Protein
40 g Fat
105 g Carbs.
10 g Fiber
1,445 mg Sodium

24 WW+ Points

70% Calcium
50% Folate
20% Vitamin C

Lighten Up Option

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

Enchiladas

½ cheese

490 Calories
15 g Fat
12 WW+ Points

Salad

No changes

660 Calories
35 g Fat
18 WW+ Points

Thai Pizza

¼ coconut, ½
peanut sauce

500 Calories
15 g Fat
13 WW+ Points

Broccoli

No changes

340 Calories
30 g Fat
5 WW+ Points

Quesadilla

1 tortilla, 1/3
cheese

500 Calories
15 g Fat
14 WW+ Points