

Artichoke Frittata with Sun Dried Tomato Salsa

We're hooked on frittatas. The classic Italian Osteria food is wonderfully flexible and perfect comfort food that's great hot or cold. We're making ours with artichokes and pecorino cheese, then serving it with an Italian-inspired sun-dried tomato and broccoli salsa. Yum!

20 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Oven-Safe
Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Broccoli & Sundried
Tomatoes
Olive Vinaigrette
Seasoned Artichokes
Eggs
Pecorino Cheese

Make The Meal Your Own

Omnivore's Option – Bacon is perfect for this dish. Cook it first, and then mix it with the egg.

Cooking with a picky eater? Toss the broccoli and sundried tomatoes with their favorite salad dressing.

In the mood for something cold? Cook the frittata in advance and serve at room temperature, instead. Just be sure to wait to top it with the salsa until you're ready to eat.

Good To Know

Not sure if your skillet is oven safe? Check to make sure there is no plastic before putting it in the oven. If you don't have one, transfer to a casserole dish and cook that way.

Health snapshot per serving – 630 Calories, 30g Fat, 40g Protein, 40g Carbs, 15 WW+ Points

Lightened up snapshot – 440 Calories, 20g Fat and 10 WW+ Points when you leave out the cheese.

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

INGREDIENTS: Eggs, Artichokes, Broccoli, Pecorino Cheese, Sundried Tomatoes, Green Onions, Olive Oil, Kalamata Olives, Sherry Vinegar, Lemon, Garlic, Herbs and Spices

meez *meals*

1. Getting Organized

Preheat your oven to 400.

2. Make the Broccoli Salsa

Put the **Broccoli & Sundried Tomatoes** into a mixing bowl with the **Olive Vinaigrette** and add 1/4 cup of olive oil. Toss well, and then put into the refrigerator to chill.

3. Make the Frittata

Heat 1 Tbsp. olive oil in a large, oven-safe skillet over medium high heat. Add the **Seasoned Artichokes** and cook until golden brown, about 5 to 8 minutes. Remove from the heat and add the **Eggs**, **Pecorino Cheese** and a generous pinch of salt and pepper.

Mix everything together, and then put the skillet on to the middle rack of your oven and cook until the frittata is golden and puffy and the center springs back when you touch it, about 15 to 20 minutes.

4. Put It All Together

Top the frittata with broccoli salsa to serve, or serve alongside and let diners top their own slices.

The skillet size for this dish is up to you, but we recommend a 10" skillet. Use a larger skillet if you want your frittata a little thinner; just make sure to check it sooner.

We like to cut and serve the frittata right out of the pan.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by June 21

Portobello Grilled Cheese

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Non-Stick Skillet

FROM YOUR PANTRY

Vegetable Oil

5 MEEZ CONTAINERS

Portobello

Mushrooms

Balsamic

Vinaigrette

Sourdough

Gruyere &

Mozzarella

Cranberry Aioli

Good to Know

We like the way mushrooms cook in a skillet, but if you want make this a hands-free dish, roast the mushrooms and then bake the grilled cheese for 5 minutes at 375 degrees.

Health Snapshot per serving (serves 1)

675 Calories, 35g Fat, 55g Carbs, 30g Protein

18 WW+ Points

Lightened up snapshot (1/2 aioli)

450 Calories, 20g Fat, 50g Carbs, 12 WW+ Points

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

INGREDIENTS: Whole Wheat Sourdough, Portobello Mushrooms, Mozzarella, Balsamic Vinegar, Gruyere, Mayonnaise, Dried Cranberries, Brown Sugar, Vinegar, Herbs and Spices

meezmeals

1. Cook the Mushrooms

Heat ½ Tbsp of oil in a skillet over medium-high heat. Add the **Portobello Mushrooms** and cook until lightly browned, 5 to 6 minutes. Add the **Balsamic Vinaigrette**, and stir to coat the mushrooms. Set aside.

2. Make the Sandwich

Heat 1 Tbsp of oil in the same skillet over medium-high heat. Put one piece of **Sourdough** in the oil and then top with half of the **Gruyere & Mozzarella**. Spoon the mushrooms into the center of the cheese and sprinkle with remaining cheese. Top with the second piece of bread and press down to close.

Cook 1 to 2 minutes, then flip and cook another 3 to 4 minutes until the bread is golden brown. Turn off the heat, cover the sandwich and let sit for 1 minute.

3. Put It All Together

Remove the top piece of bread and spread the inside of the slice with **Cranberry Aioli** to taste or spoon the aioli over the top of the cooked sandwich. Enjoy!

Love this recipe? #meezmagic

Prepare by June 21

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

Triple Mushroom Sugo with Toasted Gnocchi

A rich mix of three types of mushrooms, plush a splash of cream, makes for a classic Italian sauce perfect with crispy gnocchi. Be prepared for decadent flavors without all the fuss, or calories.

35 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Medium Skillet
Large Skillet
Rimmed Baking
Sheet

FROM YOUR PANTRY

Flour
Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Whole Wheat
Gnocchi
Onions & Garlic
Mushrooms
Cream Sauce

Make The Meal Your Own

Want to save on cleanup time? You can add all of the mushrooms to the skillet with the cream sauce if you prefer, meaning you'll only need one large skillet.

Omnivore's Option – Sliced chicken breast is the perfect addition. Add it to the baking sheet with the gnocchi and roast it at the same time.

Good To Know

If you're making the gluten-free version, we've given you gluten-free gnocchi.

Health snapshot per serving – 420 Calories, 10g Fat, 15g Protein, 65g Carbs, 11 WW+ Points

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

INGREDIENTS: Whole Wheat Gnocchi, Button Mushrooms, Half and Half, Onion, Shiitake Mushrooms, Cremini Mushrooms, White Wine, Brown Sugar, Garlic, Concentrated Vegetable Stock, Apple Cider Vinegar, Herbs and Spices

meez meals

1. Getting Organized

Preheat your oven to 400.

2. Toast the Gnocchi

Put the **Whole Wheat Gnocchi** on a rimmed baking sheet, preferably lined with parchment paper, and drizzle with 2 Tbsp olive oil, salt and pepper. Bake until golden on the outside and tender on the inside, about 20 to 25 minutes. (Go ahead and test one out, just to be sure. But fair warning – it's hard to stop at just one.)

We love the crispy texture of toasted gnocchi. If you prefer softer gnocchi, though, boil it for 6 to 8 minutes.

3. Make the Sauce

While the gnocchi are toasting, heat 1 Tbsp oil in a large skillet over high heat. Add the **Onions & Garlic** and cook until starting to brown on the edges, 4 to 6 minutes. Add half of the **Mushrooms** and cook, stirring frequently, until browned, about 5 to 7 minutes.

Add 1 Tbsp flour and cook 1 minute. Pour in the **Cream Sauce** and whisk until smooth, about 1 minute. Bring the sauce to a boil, then reduce heat to a simmer until it thickens enough to coat the back of a spoon, about 3 to 5 minutes. Remove from the heat.

4. Cook the Mushrooms

Heat 1 Tbsp of oil in a medium skillet over high heat. Add the remaining mushrooms and cook until well browned, 8 to 10 minutes.

5. Put It All Together

Once the gnocchi is toasted, stir it into the mushroom cream sauce until coated. Season with salt and pepper to taste and serve topped with the remaining mushrooms. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by June 21

Black Bean & Poblano Pepper Burrito

This is our quick-to-table take on classic Mexican chiles rellenos. Roasted mild poblano peppers are enveloped with two different cheeses, protein rich black beans and spicy salsa, before it's all wrapped up in a warm tortilla.

(Fair warning for the spice adverse: this dinner has a little kick.)

30 *Minutes to the Table*

15 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Baking Sheet
Casserole Dish
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Poblano Peppers
Flour Tortillas
Spiced Beans
Mozzarella & Pepper
Jack
Tomatillo Salsa

Make The Meal Your Own

Omnivore's Option – Roasted pork is great with this dinner. Add it to the mix as you roll the burrito.

Good To Know

If you're making the gluten-free version, we've given you corn tortillas for tacos. Follow the instructions up through step 3 and then, instead of rolling a burrito, fill the tortillas like tacos.

If you're making the vegan version, we've left the cheese out of your meal. If you want to add something extra, sliced avocado and fresh lime juice are great additions.

Need some help rolling a burrito? It's easier than you think. Start by thinking about how the pros do it at Chipotle. Put the filling on the lower half of the tortilla. Fold the sides in; pull the bottom up over the filling, and then roll. You want to keep a compact bundle, so keep the tortilla wrapped tightly around the filling.

Health snapshot per serving – 770 Calories, 30g Fat, 35g Protein, 95g Carbs, 20 WW+ Points

Lightened up snapshot – 390 Calories, 20 g Fat and 15 WW+ Points with no tortillas – you'll be making stuffed peppers, instead.

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

INGREDIENTS: Poblano Peppers, Black Beans, Tomatillos, Flour Tortillas, Pepper Jack Cheese, Mozzarella Cheese, Cream Cheese, Lime, Cilantro, Jalapeno, Spices

meez meals

1. Getting Organized

Preheat your broiler.

2. Roast the Poblano Peppers and Heat the Tortillas

Put the **Poblano Peppers** into a casserole dish, skin side up. Put the dish a few inches away from the broiler and cook until the peppers soften, about 5 to 7 minutes.

Pat down the poblano peppers with an olive oil dipped paper towel.

Put the **Flour Tortillas** on a baking sheet and then into the oven on a lower rack. Heat them until they soften, about 3 minutes.

3. Heat the Beans

While the tortillas are cooking, heat 1 Tbsp olive oil in a saucepan over medium-high heat. Add the **Spiced Beans** and 2 Tbsp water. Heat, stirring, until warm. Remove from the heat and set aside.

4. Make the Burritos

Turn the oven to 375. Sprinkle some **Mozzarella & Pepper Jack** on to each tortilla, followed by the pepper halves. Fill with beans, more cheese and some of the **Tomatillo Salsa**.

As you roll the burrito, try to roll it so you're making the pepper whole. This will give you the whole chile relleno experience as you eat.

Put the burritos into the casserole dish seam side down and bake until lightly browned on the outside, about 5 to 10 minutes. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by June 21

Barbeque Veggie Pizza

An all-time favorite, back by popular demand. A BBQ sauce base, topped with black beans, crispy kale, smoked gouda and dried cherries. Sound unusual? Definitely. But together these ingredients are magic.

30 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Rimmed Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Flour for Dusting

5 MEEZ CONTAINERS

Pizza Dough
Kale
Barbeque Sauce
Black Beans
Cheese & Cherries

Make The Meal Your Own

Kids and picky eaters tip – Serve their portion with the crispy kale on the side.

Omnivore's Option – Barbeque chicken pizza is about as classic as it gets. If you have some leftover roast chicken, it would be great on this pizza.

Good To Know

If you're making the vegan version, we've left out the cheese. Cook the kale and pizza separately, rather than finishing them together, the way we recommend for folks using cheese. Cook the kale until it's crispy and browned. While it's cooking, bake the pizza with just the sauce, beans and cherries. Top it with the cooked kale and enjoy! (Need help? Give us a call!)

Health snapshot per serving – 730 Calories, 20g Fat, 35g Protein, 22 WW+ Points

Lightened up snapshot – 500 Calories, 10g Fat and 13 WW+ Points with ½ the cheese & cherries.

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

INGREDIENTS: Kale, Whole Wheat Pizza Dough, Black Beans, Barbeque Sauce, Gouda Cheese, Mozzarella Cheese, Dried Cherries, Granulated Garlic

meez meals

1. Getting Organized

Preheat your oven to 400 and take the **Pizza Dough** out of the refrigerator.

Warming up your pizza dough is important! It makes it easier to roll.

2. Bake the Kale

Put the **Kale** on to a rimmed baking sheet and drizzle with 2 Tbsp olive oil. Toss well, then arrange the kale in a single layer and bake for 10 minutes. Transfer to a plate.

The kale will finish cooking on top of the pizza, so don't let it get fully toasted and browned.

3. Prepare the Pizza Dough

Once the kale is cooking, shape your 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 (even if we're making the 4-serving size) and ours are about 8" wide and 14" long, but you can make yours however you like.

Sprinkling your counter with flour is important. It keeps the dough from sticking.

4. Bake the Pizza

Put the pizza on to the now-empty baking sheet. Spread some of the **Barbeque Sauce** over the pizza. (Use just as much as you need. Too much will make the crust soggy.)

We line our baking sheets to make clean up a breeze.

Top with the **Black Beans** and cooked kale. Sprinkle the **Cheese & Cherries** on top and bake until the crust is golden and the cheese is melted, about 15 to 20 minutes. Enjoy!

Keep an eye on the pizza as it cooks. If the kale is turning too brown, turn the heat down.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by June 21

Chicken Tikka Masala

One of our favorite Indian curries. With tomatoes, coconut milk and classic Indian spices, it's a mellow curry the whole family will love. We're making our version with free-range chicken, carrots, peas and peppers, then serving it over Jasmine rice. Simply delicious!

30 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Medium Saucepan
Large Saucepan or
Dutch Oven

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Jasmine Rice
Chicken Breast
Vegetables
Coconut Curry Sauce
Cilantro

Make The Meal Your Own

Don't love cilantro? Garnish this dish with fresh mint or basil, instead.

Make Ahead Tip – The flavors of this curry are just as bold if you eat it the next day. Cook everything a day in advance, leaving off the cilantro. Reheat in a large saucepan or skillet until hot throughout and garnish as desired.

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 – 480 Calories, 45g Protein, 10g Fat, 55g Carbs, 12 WW+ Points

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

INGREDIENTS: Free-Range Chicken, Tomatoes, Coconut Milk, Jasmine Rice, Carrot, Peas, Onion, Red Pepper, Cilantro, Golden Raisins, Ginger, Spices

meezmeals

1. **Get Organized**

Bring 2 cups of water to a boil in a medium saucepan.

2. **Cook the Rice**

Add the **Jasmine Rice** to the boiling water. Reduce the heat to a simmer, cover and cook until all but a small amount of water has been absorbed, about 20 minutes. Remove the rice from the heat, but keep covered.

We like to add a pinch of salt with the rice when it goes in the boiling water.

3. **Prep the Chicken**

While the rice is cooking, rinse the **Chicken Breast** under cold water and pat dry with a towel. Place the chicken on a cutting board. Using a sharp knife, cut the chicken breast lengthwise into long strips, about 1/4" to 1/2" wide. Rotate the chicken breast 90 degrees and then cut across to create small, even cubes of chicken.

Once the chicken is cut, generously sprinkle with salt and pepper (we use 1/8 tsp salt and 1/8 tsp pepper, so use about half per side, or more if you like).

4. **Make the Curry**

Heat 1 Tbsp of olive oil in a large saucepan or Dutch oven over medium-high heat. Once the oil is hot, add the chicken and cook until the bottom is starting to brown, about 3 minutes. Add the **Vegetables** and cook, stirring occasionally, until the vegetables start to soften, about 5 to 7 minutes.

The chicken may not be fully cooked at this point, but it will continue cooking in the sauce.

Add 3/4 cup of water to the pan. Bring to a boil and then add the **Coconut Curry Sauce**. Return to a boil and then reduce the heat to low and simmer until the chicken is fully cooked and the sauce is hot throughout, about 10 to 15 minutes. Season with salt and pepper to taste.

5. **Put It All Together**

Serve the chicken curry over the rice and garnish with **Cilantro** to taste. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by June 19

Mediterranean Lemon Chai Salmon with Pearl Couscous

Meez's signature lemon-chai dressing brings a sunny flavor to seared salmon. Served up with cherry tomatoes, broccoli and pearl couscous, it's an easy dinner the whole family will love.

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 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're making the gluten-free version, we've sent you quinoa instead. 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 looks spiraled. Fluff it and let it sit covered for 5 minutes.

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 – 890 Calories, 50g Fat, 40g Protein, 65g Carbs, 24 WW+ Points

Lightened up snapshot – 475 Calories, 40g Fat and 13 WW+ Points with no feta or couscous.

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

meezmeals

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 each fillet 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 and let sit for 5 minutes. Remove from the pan and set aside.

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.

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 Cheese**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by June 18

Spicy Kung Pao Steak Tacos

Can't decide between Chinese or Mexican? You won't have to choose with our kung pao sauce drizzled sirloin strips, wrapped in warm tortillas 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
- 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.

Our beef comes from a local farm down the road in Aurora, Ill. These cows are raised on open pastures with care and dedication and are free of 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 – 720 Calories, 25g Fat, 50g Protein, 65g Carbs, 18 WW+ Points

Lightened up snapshot – 490 Calories, 25g Fat, 12 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 tsp oil in a skillet over high heat. While the skillet is heating, pat the **Sirloin** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the skillet is very hot, add the beef. Cook it, without stirring, until the bottom browns and the sides start to color, about 45 to 60 seconds.

To test if the skillet is hot enough for the beef, hold your hand about 6 inches above the skillet. If you can feel serious heat, it's ready to go.

- **If you prefer your beef medium-rare**, flip it, add the **Kung Pao Sauce**, give it a good stir, and then immediately remove from the heat.
- **If you prefer your beef medium**, flip it and continue cooking for 30 seconds to 1 minute until fully browned. Stir in the **Kung Pao Sauce** and remove from the heat.
- **If you prefer your beef well done**, flip it and continue cooking for 1 minute. Stir in the **Kung Pao Sauce** and remove from the heat.

The sirloin cooks very quickly, so if you're not sure how well done you like it, start testing it after just 1 minute.

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

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!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by June 19

Meals for Good: Tomato Corn Chowder

Chef Carla Hall of Top Chef and The Chew fame shares a soup she created at her first restaurant job out of culinary school. Hints of cumin and oregano give a Mexican flair to a southern classic that's unconventional and soul satisfying. We know you'll love it as much as we did!

40 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan or
Stockpot
Blender or Food
Processor

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Onions & Garlic
Sweet Potatoes
Tomatoes
Corn
Tortilla Chips

Make The Meal Your Own

This is a great make-ahead dinner. Make the soup up to 3 days in advance. When you're ready to eat, just pour into a saucepan, reheat and serve topped with tortilla chips.

Omnivore's Option – Bacon is a great addition. Dice it and cook it with the onions and garlic.

Good To Know

Health snapshot per serving – 520 Calories, 10g Protein, 15g Fat, 90g Carbs, 14 WW+ Points

Lightened up snapshot – 380 Calories, 10g Fat and 10 WW+ points using only half of the tortilla chips.

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

INGREDIENTS: Tomatoes, Corn, Sweet Potato, Tortilla Chips, Red Onion, Lime Juice, Garlic, Herbs and Spices

meez meals

1. Cook the Onions and Sweet Potatoes

Heat 2 Tbsp oil in a large saucepan or stockpot over high heat. Add the **Onions & Garlic** and cook until starting to brown, 5 to 7 minutes. Add the **Sweet Potatoes** and cook, stirring, until just starting to brown, about 5 minutes.

2. Make the Broth

Add the **Tomatoes** and 1 ½ cups water to the saucepan. Bring the soup to a boil, reduce to a simmer and cook until hot and slightly thickened, about 7 to 10 minutes.

Add the **Corn** to the soup and cook until hot throughout, about 5 to 7 more minutes. Taste the broth and season with salt and pepper until the soup is to your liking.

3. Puree and Finish the Soup

Transfer half of the cooked soup to the bowl of a food processor or blender. Process until the soup is smooth. Once smooth, stir the smooth soup back into the remaining chunky soup in your saucepan.

Serve the soup topped with **Tortilla Chips**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by June 21

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 2 as a side)

470 Calories, 15g Protein, 55g Carbs, 20g Fat,
13 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 June 21

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

Buttermilk Broccoli Salad

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

5 MEEZ CONTAINERS

Broccoli

Toasted Almonds

Cranberries

Red Onion

Buttermilk Dressing

Put It All Together

Toss the **Broccoli, Toasted Almonds, Cranberries** and **Red Onion** together in a mixing bowl with half of the **Buttermilk Dressing**. Mix well, then add salt and pepper, plus more dressing to taste. Enjoy!

Good to Know

Health Snapshot per serving (serves 2)

255 Calories, 20g Fat, 20g Carbs, 5g Protein
7 WW+ Points

Have Questions?

We're standing by at 773.916.6333

INGREDIENTS: Broccoli, Buttermilk, Red Onion, Dried Cranberries, Mayonnaise, Almonds, Cider Vinegar, Sugar

Prepare by June 21

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

Health Snapshot

Artichoke Frittata

630 Calories
40 g Protein
40 g Fat
40 g Carbs.
8 g Fiber
2,970 mg Sod.

15 WW+ Points

1955% Vitamin C
170% Vitamin A
55% Calcium

Mushroom Sugo Gnocchi

420 Calories
15 g Protein
10 g Fat
65 g Carbs.
10 g Fiber
1,705 mg Sod.

11 WW+ Points

15% Calcium
10% Vitamin B6
10% Vitamin A

Black Bean Poblano Burrito

770 Calories
35 g Protein
30 g Fat
95 g Carbs.
15 g Fiber
970 mg Sod.

20 WW+ Points

70% Folate
50% Calcium
20% Vitamin C

Barbeque Veggie Pizza

730 Calories
35 g Protein
20 g Fat
95 g Carbs.
20 g Fiber
1,450 mg Sod.

22 WW+ Points

190% Vitamin A
60% Calcium
55% Vitamin C

Chicken Tikka Masala

480 Calories
45 g Protein
10 g Fat
55 g Carbs.
10 g Fiber
385 mg Sod.

12 WW+ Points

150% Vitamin A
130% Vitamin C
65% Vitamin B6

Lighten Up Option

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

Frittata

No cheese

440 Calories
20 g Fat
10 WW+ Points

Gnocchi

No changes

420 Calories
10 g Fat
11 WW+ Points

Burrito

No tortillas

390 Calories
20 g Fat
15 WW+ Points

Pizza

½ cheese & cherries

490 Calories
10 g Fat
13 WW+ Points

Chicken

No changes

480 Calories
10 g Fat
12 WW+ Points

Health Snapshot

Lemon Chai Salmon	Kung Pao Steak Tacos	Tomato Corn Chowder	Greek Salad	Broccoli Salad	Portobello Grilled Cheese
890 Calories	720 Calories	520 Calories	470 Calories	255 Calories	675 Calories
40 g Protein	50 g Protein	10 g Protein	15 g Protein	5 g Protein	30 g Protein
50 g Fat	25 g Fat	15 g Fat	20 g Fat	20 g Fat	35 g Fat
65 g Carbs.	65 g Carbs.	90 g Carbs.	55 g Carbs.	20 g Carbs.	55 g Carb.
5 g Fiber	10 g Fiber	10 g Fiber	10 g Fiber	5 g Fiber	10 g Fiber
570 mg Sod.	1,915 mg Sod.	475 mg Sodium	880 mg Sod.	80 mg Sod.	1,100 mg Sod.
24 WW+ Points	18 WW+ Points	14 WW+ Points	13 WW+ Points	7 WW+ Points	18 WW+ Points
100% Vit. B6	185% Vitamin C	280% Vitamin A	20% Calcium	90% Vitamin C	90% Calcium
100% Vit. B12	100% Vitamin A	90% Vitamin C	10% Vitamin A	30% Vitamin E	20% Vitamin B12
80% Vitamin C	65% Vitamin B12	40% Vitamin B6	10% Vit. 12	20% Vitamin A	15% Vitamin A

Lighten Up Option

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

Salmon	Tacos	Chowder	Salad	Salad	Sandwich
No feta or couscous	No tortillas, ½ kung pao	½ tortilla chips	No changes	No changes	½ aioli
475 Calories	490 Calories	380 Calories	470 Calories	255 Calories	450 Calories
40 g Fat	25 g Fat	10 g Fat	20 g Fat	20 g Fat	20 g Fat
13 WW+ Points	12 WW+ Points	10 WW+ Points	13 WW+ Points	7 WW+ Points	12 WW+ Points

These are our best estimates for a single serving based on the recipes as written. The actual nutritional information may vary a bit. And, of course, if you have leftovers, the actual numbers will be lower.

Quick Tips

Artichoke Frittata with Sun Dried Tomato Salsa

20 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 400.

Omnivore Option Bacon is perfect for this dish.

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

Triple Mushroom Sugo with Toasted Gnocchi

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

Omnivore Option Sliced chicken breast goes great with this.

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

Black Bean Poblano Pepper Burrito

30 Min to Table	15 Min Hands On	2 Whisks Easy
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Getting Started Preheat your broiler.

Omnivore Option Roasted pork is right at home in this dish.

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

Barbeque Veggie Pizza

30 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 400.

Omnivore Option Roast chicken is great on this pizza.

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

Chicken Tikka Masala

30 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Put a saucepan of water on to boil.

Meal Tip If you don't like cilantro, finish the meal with mint or basil.

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



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*Mediterranean Lemon Chai
Salmon with Pearl Couscous*

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Put a saucepan of water on to boil.

Leftovers Tip Serve leftovers over lettuce.

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

Spicy Kung Pao Steak Tacos

15 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started No pre-work needed.

Leftovers Tip Serve beef and slaw over rice or noodles.

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

*Meals for Good
Tomato Corn Chowder*

40 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started No pre-work needed.

Omnivore Option Bacon is a great addition.

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

Cooking gluten-free? Hate blue cheese?

Set your ingredient preferences before you choose your meals, and we'll make your meals just right for your family.

Delicious meals, made just for you. That's the magic of Meez.