

Squash with Slow-Roasted Tomatoes and Goat Cheese

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

35 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Farro
Butternut Squash
Grape Tomatoes
Goat Cheese
Balsamic Cream

Make The Meal Your Own

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

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

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

Good To Know

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

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

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

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

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

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

meezmeals

1. Getting Organized

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

2. Cook the Farro

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

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

3. Roast the Squash

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

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

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

4. Put It All Together

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

Love this recipe? #meezmagic

Instructions for two servings.

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

Himalayan Red Rice with Bangkok Basil Crunch

Our favorite rice bowl. It all starts with an Asian-inspired basil crunch made from plenty of fresh basil, ginger, coconut and ground peanuts, mixed up with Himalayan red rice, baked organic tofu and roasted kale. Unusual and totally delicious.

30 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- 3 Rimmmed Baking Sheets
- Saucepan

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Basil Peanut Crunch
- Red Rice
- Kale
- Tofu
- Coconut

Make The Meal Your Own

Want to get dinner on the table in a flash? Cook the red rice up to two days in advance.

Kids and picky eaters will enjoy this dinner deconstructed - everyone can eat the parts they love best.

Dedicated omnivores can serve this up with chicken drumsticks, baked and served with the same sauce.

Good To Know

Health snapshot per serving – 620 Calories, 16g Protein, 10g Fiber, 14 WW Smart Points

Lightened up snapshot – 500 Calories, 15g Fat and 11 WW Smart Points with no coconut and $\frac{3}{4}$ rice

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

INGREDIENTS: Organic Tofu, Kale, Himalayan Red Rice, Peanuts, Coconut Milk, Coconut, Gluten Free Soy Sauce, Rice Wine Vinegar, Brown Sugar, Basil, Ginger, Garlic, Spices

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1. Getting Organized

Preheat your oven to 425, put a saucepan of water on to boil and take the **Basil Peanut Crunch** out of the refrigerator to warm up.

2. Cook the Red Rice

Salt the boiling water, then add the **Red Rice**. Simmer uncovered until tender, about 15 to 20 minutes. Drain, then return to the pot and let sit, covered, for 5 minutes.

We like to line our baking sheets with parchment to make clean up easier.

3. Roast the Kale, Tofu and Coconut

Put the **Kale** on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Cook until it just starts to crisp at the edges, about 12 to 15 minutes.

Start the tofu as soon as the kale goes into the oven. Put the **Tofu** on to a rimmed baking sheet. Drizzle with olive oil and arrange in a single layer, then bake until it's golden brown at the edges and puffs a little, about 7 to 15 minutes. When the tofu is about 3 minutes away from coming out of the oven, add the **Coconut** to the baking sheet. Bake until fragrant and golden brown, about 3 minutes.

Keep an eye on the coconut while it cooks! Even Chef Max has burned it once or twice!

4. Put It All Together

Serve the rice topped with the kale, tofu and half of the basil peanut crunch. Mix together, then add more basil peanut crunch to taste. Serve topped with the toasted coconut. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Parmesan Lemon-Chai Rigatoni with Broccoli

Need a little sunshine in your day? This dinner has you covered. Sautéed broccoli and rigatoni get a Mediterranean treatment thanks to member-favorite lemon-chai vinaigrette and plenty of Parmesan cheese. It's a speedy meal everyone will love.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Sugar (Optional)
Cayenne (Optional)

5 MEEZ CONTAINERS

Walnuts
Broccoli
Rigatoni
Lemon-Chai Vinaigrette
Parmesan Cheese

Make The Meal Your Own

Kids and picky eaters will be converted into broccoli lovers with this dinner. If any are skeptical, though, it is just as delicious with green peas.

Omnivore's Option – Sausage is a tasty addition to this recipe. Sauté it in a skillet while the broccoli is cooking and then slice and toss with the pasta.

Good To Know

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

If you're making the vegan version, we've left the parmesan out of your meal.

Health snapshot per serving – 850 Calories, 35g Protein, 10g Fiber, 23 WW+ Points

Lightened up snapshot – 435 Calories, 30g Fat and 13 WW+ points when you leave out the cheese and walnuts.

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

INGREDIENTS: Broccoli, Rigatoni, Olive Oil, Parmesan Cheese, Lemon, Walnuts, Scallions, Brown Sugar, Garlic, Spices

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1. Getting Organized

Put a saucepan of water on to boil and preheat your oven to 400 (or use your toaster oven).

2. Make the Spiced Nuts

Add 1 Tbsp each of sugar, oil and water to a large mixing bowl and stir in a pinch of cayenne. Add the **Walnuts**, coat them in the mixture and put everything on a foil-lined (or parchment-lined) baking sheet. Bake 10 to 12 minutes; stir every 3 minutes, making sure to scrape up all of the good stuff on the bottom.

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

Your nuts are done when the sauce begins to stick to them.

3. Sauté the Broccoli

Heat 1 Tbsp olive oil in a large skillet over high heat. Add the **Broccoli** and cook until golden brown in places, about 7 to 12 minutes. Turn over and cook the other side until golden brown.

4. Cook the Rigatoni

While the broccoli is cooking, salt the boiling pasta water and add the **Rigatoni**. Cook until al dente, about 8 to 12 minutes. Drain and set aside.

5. Put It All Together

Add the broccoli to the rigatoni with half of the **Lemon-Chai Vinaigrette**. Toss well, then serve topped with the spiced nuts and **Parmesan Cheese**, plus more vinaigrette to taste. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Barbequed Sweet Potato Couscous Gratin

We're turning the whole idea of an au gratin on its head this week. Forget the heavy, cream-based staples of classic French cooking. Instead, we're layering pearl couscous, broiled sweet potatoes with a smoky barbeque sauce, and mozzarella. Then, we top it off with crispy kale for a vitamin-packed twist.

40 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Oven-Safe
Saucepan
Rimmed Baking
Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Sweet Potatoes
Pearl Couscous
Barbeque Sauce
Mozzarella & Cherries
Kale

Make The Meal Your Own

Want this meal in a flash? Prepare the sweet potatoes and couscous in advance. When it's time for dinner, assemble the casserole and sauté the kale. You'll be eating in 15 minutes.

Kids and picky eaters can eat their kale on the side.

Dedicated omnivores can add ribs. Barbeque and ribs were made for each other.

Good To Know

If you're making the vegan version, we've left the cheese out. It's just as delicious without it.

If you're making the gluten-free version, we've given you quinoa instead of couscous. 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 12-15 minutes, until the grain looks spiraled. Fluff it and let it sit covered for 5 minutes.

Health snapshot per serving – 601 Calories, 23g Protein, 8g Fiber, 19 Smart Points

Lightened up snapshot – 550 Calories, 9g Fat and 15 Smart Points using ½ the couscous.

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

INGREDIENTS: Sweet Potatoes, Kale, Pearl Couscous, Barbeque Sauce, Mozzarella Cheese, Parmesan Cheese, Cherries, Garlic

meez meals

1. Getting Organized

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

2. Roast the Sweet Potatoes

Put the **Sweet Potatoes** onto a rimmed baking sheet. Drizzle with olive oil, salt and pepper and bake until the edges are crispy, about 15 to 25 minutes.

3. Cook the Couscous

Once the sweet potatoes are cooking, start the couscous. Salt the boiling water generously, then add the **Pearl Couscous** and cook for just 5 minutes, then drain and rinse.

The couscous won't be done cooking in this first step. We're just par-cooking it.

4. Assemble the Casserole

Turn the oven down to 300 and put the couscous back into the saucepan or, if it's not oven-safe, into a casserole dish. Add the cooked sweet potatoes, **Barbeque Sauce** and ¼ cup water and mix well, then top with the **Mozzarella & Cherries**. Bake until the top is lightly browned and melty, about 12 to 15 minutes.

5. Sauté the Kale

Once the gratin gets into the oven, arrange the **Kale** on your rimmed baking sheet. Drizzle with olive oil, salt and pepper, and bake until softened and crisp on the edges, about 15 minutes. Serve the gratin topped with the kale and enjoy! *Love this recipe? #meezmagic*

Instructions for two servings.

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

Rotini di Modena with Chicken and Spinach

This gem starts with a creamy balsamic sauce members have gone wild for. Paired with sautéed chicken breast, sautéed spinach and rotini pasta, it's a speedy recipe the family will love.

20 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Mixing Bowl
Deep Skillet or Large
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Rotini Pasta
Chicken Breast
Spinach
Grape Tomatoes
Balsamic Cream
Goat Cheese

Make The Meal Your Own

This dish tastes just as great cold as it does hot, so it's perfect as a make-ahead dinner or a quick pack-and-go lunch.

Leftovers Tip – Toss your leftovers in a small casserole dish, top with shredded cheese (Chef Max recommends mozzarella) and bake until the pasta is hot and the cheese is melted, about 10 to 15 minutes.

Our cage-free 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

If you're making the gluten-free version, we sent you gluten-free pasta.

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 – 618 Calories, 36g Fat, 33g Protein, 10g Carbs, 13 WW+ Points

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

INGREDIENTS: Free-Range Chicken Breast, Grape Tomatoes, Whole Wheat Rotini Pasta, Spinach, Heavy Cream, Goat Cheese, Balsamic Vinegar, Brown Sugar, Concentrated Vegetable Stock, Garlic, Herbs

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Pasta

Add the **Rotini Pasta** to the boiling water. Cook until al dente, about 7 to 9 minutes, drain and return to the saucepan. Combine the warm, cooked pasta with the **Spinach** in the saucepan.

3. Prep the Chicken

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 ¼" 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 ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

4. Cook the Chicken and Tomatoes

Heat 1 ½ Tbsp olive oil in a deep skillet (or large saucepan) over high heat. When the oil is smoking, add the **Chicken Breast** and **Tomatoes**. Cook until the chicken is browned on one side, about 6 minutes, and then stir. Continue sautéing until chicken is fully cooked, about 4 more minutes. Add the **Balsamic Cream** and bring to a boil. Turn off the heat. Season with salt and pepper to taste. Remove to a mixing bowl.

Add the tomatoes and chicken gently; the oil will be extremely hot and you want to avoid splashes.

5. Put It All Together

Serve pasta with **Goat Cheese** crumbled on top. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Tahitian Chicken Paella

Tropical flavors give the classic Spanish paella a twist we just love. With caramelized pineapple, sweet bell peppers, free-range chicken breast and a coconut soy ginger sauce, this rice casserole is bursting with flavor.

40 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Oven-Safe Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Chicken Breast
Pineapple & Peppers
Rice
Coconut Soy Ginger Sauce
Cashews

Make The Meal Your Own

Leftovers from this dish make a delicious snack or next-day lunch. If you plan to save some for a later meal, reserve a bit of the coconut soy ginger sauce to moisten the paella when you reheat it.

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

The trick to this dish is to use a large skillet or frying pan that will be safe in the oven. The rice should fit in a thin layer so it can develop crusty bits on the bottom, which is our favorite part of paella.

Don't have an oven-safe skillet? You can transfer the paella to a large casserole dish, instead.

Health snapshot per serving – 717 Calories, 50g Protein, 5 g Fiber, 22 Smart Points

Lightened up snapshot – 600 Calories, 8g Fat and 15 Smart Points when you leave out the cashews.

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

INGREDIENTS: Chicken Breast, Coconut Milk, Pineapple, Bell Peppers, Rice, Pineapple Juice, Onion, Soy Sauce, Cashews, Brown Sugar, Cilantro, Garlic, Herbs and Spices

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1. Getting Organized

Preheat your oven to 375.

2. Prep the Chicken

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 ¼" 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 ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

3. Cook the Chicken and Vegetables

Heat 1 Tbsp oil in a large, oven-safe skillet over high heat. Add the cubed chicken breast and cook, stirring occasionally, until no longer pink on the outside, about 3 to 5 minutes. Add the **Pineapple & Peppers** and continue cooking until the vegetables are soft and fragrant, 3 to 5 minutes.

4. Prepare and Bake the Paella

Stir the **Rice** in to the pan along with ¾ of the **Coconut Soy Ginger Sauce** and 1 cup of water. Bring to a boil and then cover (if your skillet doesn't have a lid, use aluminum foil).

Put the skillet into the oven and cook the paella until the rice is tender and the water has been absorbed, about 15 minutes. If the rice isn't fully cooked once the water has been absorbed, you can add a little more water and continue cooking until the rice is tender. Once the rice is to your liking, turn the oven off, but leave the skillet in for an additional 5 minutes.

5. Put It All Together

Uncover the skillet and return to the stove over high heat for 2 to 3 minutes. Top the paella with **Cashews** and drizzle with the remaining sauce. Enjoy!

Be sure to save ¼ of the coconut soy ginger sauce. You'll need it at the end to finish the dish.

Resist the urge to stir the paella, let it cook undisturbed.

The 2 to 3 minutes on the stove will help develop a bottom crust to the paella. It's our favorite part!

Instructions for two servings.

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

Tilapia Bento Burrito

One of our favorite cross-cultural fusions. We're pairing seared tilapia with carrots, edamame, snow peas and bamboo shoots, then rolling it up in a burrito with Chef Max's creamy soy-ginger aioli. Rolled up together, it's a dinner you don't want to miss.

20 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Saucepan
- Shallow Pie Pan or Plate
- Large Skillet
- Baking Sheet (Optional)

FROM YOUR PANTRY

- ½ Cup Flour
- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Rice
- Asian Vegetables
- Tilapia
- Tortillas
- Soy Ginger Aioli

Make The Meal Your Own

We love to finish our burritos in the oven, but you can also use a toaster oven or just roll up the filling and eat immediately.

Turn your leftovers into a delicious salad. Just toss any extra veggies and rice with the soy ginger aioli. You can add your own greens or top with a protein, though we think it's just as tasty without any additions.

Our tilapia is 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 given you corn tortillas. Toss the vegetables and rice with a little aioli, flake the fish into pieces and then fill like tacos.

Health snapshot per serving – 570 Calories, 20g Fat, 30g Protein, 50g Carbs, 14 WW+ Points

Lightened up snapshot – 485 Calories, 15g Fat, and 15 WW+ Points with ½ the rice.

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

INGREDIENTS: Tilapia, Flour Tortillas, Rice, Mayonnaise, Carrot, Snow Peas, Bamboo Shoots, Edamame, Soy Sauce, Green Onion, Mirin, Brown Sugar, Ginger, Garlic

meez meals

1. Getting Organized

Put a saucepan of water on to boil and preheat your toaster or conventional oven to 400 degrees.

*Heating your oven is optional
(see note on other side.)*

2. Cook the Rice

Add the **Rice** to the boiling water. Reduce heat to medium and simmer uncovered for 15 to 20 minutes. Drain and return to the saucepan. Cover and set aside.

3. Sauté the Vegetables

While the rice is cooking, heat 1 Tbsp oil in a large skillet on medium-high heat. Add the **Asian Vegetables** and cook, stirring occasionally, until the snow peas are bright green, about 3 to 5 minutes. Remove to a bowl or plate and wipe out the skillet.

*The veggies should be warm,
but still have some crunch to
them.*

4. Dredge and Cook the Tilapia

Pour ½ cup flour into a shallow pie pan or on to a plate and add a generous pinch of salt and pepper. Pat the **Tilapia** dry with a paper towel and then coat with the flour, making sure each fillet is covered with a thin layer. Repeat this process with remaining tilapia.

Heat 2 Tbsp of oil in the now-empty skillet on high heat. Add the tilapia and cook 4 minutes. Flip and cook an additional 2 minutes. Remove from the heat and let rest 5 minutes.

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

5. Roll and Finish the Burrito

Fill the bottom half of each **Tortilla** with vegetables, rice, tilapia and a few tablespoons of **Soy Ginger Aioli**. To wrap, fold in each of the sides, pull the bottom up over the filling and roll.

*Too hot for the oven? Just
roll up your burrito and enjoy!*

Place the burritos seam-side-down on a baking sheet and place into the oven just until warm, about 1 to 2 minutes. Serve with remaining aioli.

Love this recipe? #meezmagic

Instructions for two servings.
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

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 to get a jump 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.

Good to Know

Health Snapshot per serving (serves 1)

805 Calories, 80g Carbs, 40g Protein, 29 Smart Points

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

500 Calories, 15g Fat, 20g Protein, 19 Smart 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 build 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 1/4" thickness. Our pizzas are usually about 4" wide and 7" long, but you can make yours however you like.

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

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

Black Bean Quesadilla

20 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Vegetable Oil

5 MEEZ CONTAINERS

Avocado

Tortillas

Cheese & Spices

Black Beans

Salsa Crema

Good to Know

Want to save the oven time? You can cook this on the stovetop, instead.

Health Snapshot per serving (serves 1)

945 Calories, 55g Fat, 90g Carbs, 30g Protein,
30 Smart Points

Lightened up snapshot (1 tortilla, no avocado)

500 Calories, 25g Fat, 50g Carbs, 20g Protein,
20 Smart Points

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

INGREDIENTS: Flour Tortillas, Avocado, Black Beans, Chihuahua Cheese, Tomato, Sour Cream, Lime Juice, Garlic, Herbs and Spices

meezmeals

1. Getting Organized

Preheat your oven to 400 and slice your **Avocado**.

2. Prep the Tortillas

Oil the baking sheet with 1 to 2 Tbsp of 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

Sprinkle the **Cheese & Spices** on the tortilla then top with the **Black Beans** and half of the sliced avocado. 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, 6 to 8 minutes. Flip the quesadilla, and cook an additional 3 to 4 minutes. Cut into wedges and serve with **Salsa Crema** and the remaining avocado. Enjoy!

Love this recipe? #meezmagic

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

Southwestern Salad

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

5 MEEZ CONTAINERS

Avocado

Spinach

Tortilla Chips

Corn & Beans

Buttermilk Chipotle

Dressing

Put It All Together

Dice the **Avocado** and break the **Tortilla Chips** into pieces. Combine the **Spinach, Corn & Beans**, the broken chips and half the diced avocado in a mixing bowl with half of the **Buttermilk Chipotle Dressing**. Season with salt and pepper and add more dressing to taste.

Good to Know

Health Snapshot per serving (serves 1)

520 Calories, 20g Protein, 10g Fiber, 30g Fat,
14 WW+ Points

Have Questions?

We're standing by at 773.916.6339

INGREDIENTS: Avocado, Spinach, Black Beans, Corn, Queso Fresco, Buttermilk, Mayonnaise, Tortilla Chips, Red Onion, Chipotle Peppers, Garlic, Herbs and Spices

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
9 Smart Points

Have Questions?

We're standing by at 773.916.6339

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

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

Quick Tips

Himalayan Red Rice with Bangkok Basil Crunch

30 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 425 and bring water to a boil.

Omnivore Option Chicken drumsticks are great in this.

Tokyo Tilapia Burrito

25 Min to Table	15 Min Hands On	1 Whisk Easy
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Getting Started Preheat to 400 and put a saucepan on to boil

Leftovers Tip Throw all the leftovers together to make a salad!

From Your Pantry You'll need 1 tbsp of flour per serving.

Rotini Di Modena

25 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Put a saucepan of water on to boil and season the chicken.

Leftovers Tip Turn leftovers into a pasta frittata.

Parmesan Lemon-Chai Rigatoni with Broccoli

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

Omnivore Option Sausage tastes great with this recipe.

From Your Pantry Olive oil, salt & pepper; sugar & cayenne optional.

Squash with Slow Roasted Tomatoes and Goat Cheese

35 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Put a saucepan on to boil and preheat oven to 400.

Omnivore Option Chicken thighs are great with this.

Tahitian Chicken Paella

20 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 375.

Omnivore Option Pork loin is a tasty addition.

Barbequed Sweet Potato Couseous Gratin

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

Omnivore Option Ribs are a great addition.

Spinach Pesto Pizza

30 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 425 & take the dough out of the fridge.

Picky Eater Tip Use mozzarella instead of gouda.

Black Bean Quesadilla

20 Min to Table	5 Min Hands On	1 Whisk Super Easy
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When your Meals arrive Check your avocodo for ripeness. If ready, keep it in the fridge. If it is hard, keep it on the counter until you make the quesadilla.

Getting Started Preheat your oven to 400.

Southwestern Salad

5 Min to Table	5 Min Hands On	1 Whisk Super Easy
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When your Meals arrive Check your avocodo for ripeness. If ready, keep it in the fridge. If it is hard, keep it on the counter until you make the salad.

Getting Started This is toss and serve!



Buttermilk Broccoli Salad

5 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Toss and serve!

Health Snapshot

Himalayan Red Rice	Rotini Di Modena	Squash with Tomatoes	Tokyo Tilapia Burrito	Lemon Chai Rigatoni
620 Calories	810 Calories	715 Calories	570 Calories	850 Calories
16 g Protein	45 g Protein	25g Protein	30 g Protein	35 g Protein
20 g Fat	35 g Fat	25 g Fat	20 g Fat	60 g Fat
110 g Carbs.	90 g Carbs.	95 g Carbs	50 g Carbs.	45 g Carbs.
10 g Fiber	10 g Fiber	5 g Fiber	15 g Fiber	10 g Fiber
1,400 Sodium	495 mg Sodium	275 mg Sodium	525 mg Sod.	980 mg Sod.
14 WW Smart Points	22 WW+ Points	20 WW+ Points	14 WW+ Points	23 WW+ Points
300% Vitamin A	115% Vitamin C	140% Vitamin C	100% Vitamin A	340% Vitamin C
75% Calcium	60% Vitamin A	20% Vitamin B-6	40% Vitamin C	80% Calcium
25% Folate	40% Vitamin B-6	235% Vitamin A	10% Calcium	70% Vitamin A

Lighten Up Option

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

Rice	Rotini	Squash	Burrito	Rigatoni
No coconut, 3/4 rice	No pasta, 2/3 goat cheese	No goat cheese	1/2 rice	1/2 the cream cheese
500 Calories	500 Calories	485 Calories	485 Calories	500 Calories
15 g Fat	30 g Fat	7 g Fat	15 g Fat	10 g Fat
11 WW Smt. Points	14 WW+ Points	13 WW+ Points	12 WW+ Points	13 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.

Health Snapshot

Tahitian Chicken

717 Calories
50 g Protein
30 g Fat
67 g Carbs.
5 g Fiber
1,530 mg Sod.

22 Smart Points

292% Vitamin C
60% Vitamin A
60% Vitamin B-6

Barbequed Couscous

601 Calories
23g Protein
9 g Fat
105 g Carbs.
8 g Fiber
1060 mg Sod.

19 WW+ Points

342% Vitamin
66% Vitamin C
30% Calcium

Spinach Pesto Pizza

805 Calories
40 g Protein
35 g Fat
80 g Carbs.
15 g Fiber
1,300 mg Sod.

29 Smart Points

405% Vitamin A
80% Calcium
65% Vitamin C

Black Bean Quesadilla

945 Calories
30 g Protein
55 g Fat
90 g Carbs.
20 g Fiber
1,300 mg Sod.

30 Smart Points

70% Folate
60% Calcium
35% Vitamin C

Southwest Salad

520 Calories
20 g Protein
30 g Fat
40 g Carbs.
10 g Fiber
875 mg Sod.

14 WW+ Points

80% Vitamin A
50% Vitamin B6
40% Vit B-12

Broccoli Salad

255 Calories
5 g Protein
20 g Fat
20 g Carbs.
5 g Fiber
80 mg Sod.

9 Smart Points

90% Vitamin C
30% Vitamin E
20% Vitamin A

Lighten Up Option

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

Paella

leave out the cashews

600 Calories
8 g Fat
15 Smart Points

Couscous

½ couscous

520 Calories
9 g Fat
14 WW+ Points

Pizza

¼ cheese, ½ pesto cream

500 Calories
15 g Fat
19 Smart Points

Quesadilla

1 tortilla, no avocado

500 Calories
25 g Fat
20 Smart Points

Salad

No changes

520 Calories
30 g Fat
14 WW+ Points

Salad

No changes

255 Calories
20 g Fat
9 Smart Points