

# Black Bean & Sweet Potato Chili with Cornbread Crumbles

There's something irresistible about a black bean chili cooked up with roasted sweet potatoes. But serve it topped with toasted cornbread crumbles, lime crema and roasted leeks? Pure heaven.

**45** Minutes to the Table

**20** Minutes Hands On

**2 Whisks** Easy

## Getting Organized

### EQUIPMENT

Loaf Pan or Small  
Casserole Dish  
Rimmed Baking  
Sheet  
Heavy Saucepan

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Celery & Onions  
Tomato Sauce  
Sweet Potatoes  
Leeks  
Cornbread  
Lime Crema

## Make The Meal Your Own

**Omnivore's Option** – Ground beef is a tasty addition. Cook it up with the celery & onions.

**Cooking with a picky eater?** This dinner is a crowd pleaser, but serve the crema and crispy leeks on the side for anyone who might not love them.

**This is a great make-ahead meal.** Cook everything up through step 4 ahead of time, and when you're ready to eat, assemble the chili in the casserole dish, top with the cornbread and bake following instructions in step 5.

## Good To Know

**If you're making the gluten-free version,** we've left the cornbread out of your meal. The chili is still delicious without it.

**If you're making the vegan version,** we've given you lime juice instead of crema. Drizzle over the chili to finish it. We've also left the cornbread out of your meal; the chili is still delicious without it.

**Health snapshot per serving** – 490 Calories, 15g Protein, 10g Fiber, 13 WW+ Points

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

INGREDIENTS: Sweet Potatoes, Tomatoes, Black Beans, Cornbread, Leeks, Onions, Sour Cream, Celery, Lime, Garlic, Spices, Herbs

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### 1. **Getting Organized**

Preheat your oven to 425.

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

Put the **Sweet Potatoes** in a loaf pan or small casserole dish and drizzle with olive oil, salt and pepper. Toss, then arrange in a single layer. Bake until lightly golden at the edges and fork tender, about 20 minutes.

*If the potatoes won't fit in a single layer in a single pan, use two pans.*

### 3. **Cook the Chili**

While the sweet potatoes are roasting, heat 1 Tbsp olive oil over high heat in a heavy saucepan. Add the **Celery & Onions** and cook until lightly brown, about 5 to 7 minutes. Add the **Tomato Sauce** and 1 ½ cups of water and bring to a boil. Lower the heat to a simmer and cook uncovered until 2/3 of the liquid has evaporated, about 20 minutes.

### 4. **Make the Crispy Leeks**

When the sweet potatoes come out of the oven and the chili has thickened, pour the chili over the sweet potatoes right in the pan. Crumble the **Cornbread** over top, and then bake until lightly golden, about 7 to 10 minutes.

Put the **Leeks** on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Arrange in a single layer and bake until crispy on the outside, but still a little tender on the inside, about 10 minutes.

*Stir the leeks once about halfway through cooking.*

Serve the chili topped with the **Lime Crema** and crispy leeks.

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Spinach Pancakes with Basil Corn Relish

We're mixing up savory pancakes with spinach and fontina, and then topping them with a citrus cream cheese spread that's pure magic. We top it all with a simple basil & corn relish, and the result is sophisticated comfort food at its best.

**40** Minutes to the Table

**40** Minutes Hands On

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Mixing Bowl  
Baking Sheet  
Griddle or Skillet

### FROM YOUR PANTRY

Salt & Pepper  
Milk  
2 Eggs & Butter

### 5 MEEZ CONTAINERS

Basil Corn Relish  
Citrus Cream Cheese  
Fontina & Flour  
Onion & Garlic  
Spinach

## Make The Meal Your Own

**The size of the pancakes is up to you.** Jen thinks smaller ones are easier to turn, so she makes four small pancakes at a time. Chef Max likes the look of bigger pancakes for dinner so he makes one big one at a time. They are great as waffles too!

**Kid's Tip** – If your kids are old enough, put them in charge of making the pancakes. The pancakes may not all be the same size, but your kids will get a kick out of eating their creation.

## Good To Know

**Health snapshot per serving** – 650 Calories, 35g Protein, 40g Fat, 17 WW+ Points

**Lightened up snapshot** – 500 Calories, 10g Fat and 13 WW+ Points when you use half of the citrus cream cheese.

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

INGREDIENTS: Corn, Spinach, Flour, Onion, Fontina Cheese, Cream Cheese, Apple Cider Vinegar, Orange Juice, Olive Oil, Basil, Garlic, Baking Powder

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## 1. Getting Organized

Preheat your oven to 375 and heat your griddle or skillet.

## 2. Mix the Pancake Batter

Melt 2 Tbsp butter in the microwave or on the stove, then put it in a large mixing bowl. Drain all the water from the **Spinach** and add the spinach to the butter in the large bowl. Separate the whites from the yolks of 2 eggs, putting the yolks with the spinach and butter and the whites in a separate bowl. (Need help with this? Give us a call!)

Add the **Fontina & Flour, Onion & Garlic**, 1 tsp salt and  $\frac{3}{4}$  cup milk to the spinach mix and mix well. This should make a thick batter. If it's too stiff, add a little more milk. Beat the egg whites into soft peaks using an electric mixer or whisk, then gently fold into the batter.

## 3. Cook the Pancakes

Melt 1 to 2 Tbsp butter on your griddle or skillet over medium high heat. Ladle the batter on to the griddle and cook until golden, 2 to 3 minutes per side. Transfer the cooked pancakes to a baking sheet and bake until the pancakes bounce back when you touch the middle, about 7 to 10 minutes.

## 4. Put It All Together

Serve topped with the **Citrus Cream Cheese** and **Basil Corn Relish**. Enjoy!

*Love this recipe? #meezmagic*

*Chef Max's pancake secret is to beat the egg whites separately. It lightens up the batter and makes the pancakes extra delicious.*

*Don't have an electric mixer? Beat the whites by hand with a whisk or, if your arm gets tired, mix the eggs in without beating. The texture will be a little different but they'll still be delicious.*

Instructions for two servings.

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# Hawaiian Paella

The idea for this dinner started with roasted pineapple. We told Chef Max how much we love roasting the tropical fruit and asked him to brainstorm more dishes. When he suggested paella cooked up in a Hawaiian soy-ginger sauce, topped with roasted pineapple and baked tofu, we knew we had a winner.

**30** *Minutes to the Table*

**5** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Oven-Safe Large Skillet  
Rimmed Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Pineapple & Celery  
Coconut Soy Ginger  
Sauce  
Rice  
Baked Tofu  
Cashews

## Make The Meal Your Own

**Omnivore's Option** – Pork loin is a tasty addition. Slice it thin, and then layer it on top of the vegetables. It will cook right on top.

## 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?** No problem. You can transfer the paella to a large casserole dish, instead.

**Health snapshot per serving** – 660 Calories, 30g Protein, 10 g Fiber, 17 WW+ Points

**Lightened up snapshot** – 500 Calories, 10 g Fat and 14 WW+ 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: Baked Tofu, Coconut Milk, Rice, Pineapple, Pineapple Juice, Celery, Onion, Soy Sauce, Cashews, Brown Sugar, Cilantro, Ginger, Garlic, Spices

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### 1. Getting Organized

Preheat your oven to 375.

### 2. Roast the Pineapple & Celery

Put the **Pineapple & Celery** on a rimmed baking sheet. Drizzle with olive oil, salt and pepper, and bake until the celery is tender and golden brown in places, about 17 to 23 minutes.

### 3. Prepare the Paella

As soon as the veggies are in the oven, heat a large skillet over high heat and add  $\frac{3}{4}$  of the **Coconut Soy Ginger Sauce** and 1 cup of water. Bring to a boil and add the **Rice** and **Baked Tofu**. Cook for one minute, and then sprinkle the **Cashews** over top.

*Be sure to save  $\frac{1}{4}$  of the coconut soy ginger sauce. You'll need it at the end to finish the dish.*

### 4. Bake the Paella

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.

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

### 5. Put It All Together

Put the skillet back on to the stove over high heat for 2 to 3 minutes. Arrange the roasted pineapple and celery on top of the paella, and drizzle with the remaining sauce. Enjoy!

*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.

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# Triple Mushroom Sugo with Toasted Gnocchi

A rich mix of three types of mushrooms, plus 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

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## 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.  
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# All-American BBQ Chicken Burrito

There is nothing like the classic flavors of BBQ to make our mouths water. Our sweet and tangy sauce is drizzled over tender cage-free chicken strips and then baked. Add crunchy coleslaw and then wrap in a soft tortilla and you've got a dinnertime hit.

**25** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Mixing Bowl  
Rimmed Baking Sheet  
Knife and Cutting Board  
Tongs or Slotted spoon  
(Optional)

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Cabbage & Carrots  
Coleslaw Dressing  
Chicken Breast  
Barbecue Sauce  
Flour Tortillas

## Make The Meal Your Own

**Leftovers Tip** – Keep any leftover coleslaw and chicken “deconstructed” so you can turn them into different meals. Coleslaw makes a great base for a salad – just mix it with your favorite greens and veggies. And leftover chicken is wonderful on pizza, over rice or in a sandwich.

**Our cage-free chickens thrive on an all-natural, vegetarian 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've sent you corn tortillas. Serve as tacos filled with chicken and slaw.

**Health snapshot per serving** – 730 Calories, 30g Fat, 35g Protein, 70g Carbs, 19 WW+ Points

**Lightened up snapshot** – 500 Calories, 30g Fat, 13 WW+ Points with no tortillas – to bulk up the meal, add some lettuce to turn it into a burrito bowl.

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

INGREDIENTS: Free-Range Chicken, Flour Tortillas, Barbecue Sauce, Green Cabbage, Red Cabbage, Carrots, Mayonnaise, White Wine Vinegar, Brown Sugar, Lemon Juice, Herbs and Spices

meez *meals*

### 1. Getting Organized

Preheat your oven to 400 degrees.

### 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, slice the chicken into even strips. (We aim for approximately ¼" - ½" slices). Once the chicken is sliced, 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. Make the Coleslaw

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

### 4. Cook the Chicken

Spread the chicken strips on a rimmed baking sheet and cook until no pink is showing on the outside, about 5 to 7 minutes.

Stir 2 Tbsp of water into the **Barbecue Sauce**. Add the barbecue sauce to the chicken on the sheet pan and stir to coat. Return to the oven and cook until the sauce has thickened, stirring once halfway through, about 7 to 10 minutes.

*The barbecue sauce may seem thin at first, but it will thicken as it cooks.*

### 5. Fill, Fold and Bake the Burrito

Fill the lower half of each **Tortilla** with barbecue chicken and top with the slaw. To roll the burrito: 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.

Using a rubber spatula, scrape off any excess barbecue sauce from the now-empty baking sheet. Place the burritos seam side-down on the baking sheet, return to the oven and bake until warm to touch, about 2 minutes. Enjoy!

*Use tongs or a slotted spoon to remove the marinated cabbage and carrots from the bowl, leaving the liquid dressing behind. This will prevent your burrito from getting soggy!*

Instructions for two servings.  
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# Fontina Baked Chicken

A classic Italian recipe and guaranteed crowd pleaser. With melted Fontina, crispy breadcrumbs and balsamic-glazed greens, all drizzled with an Italian cream sauce, it's a restaurant-worthy meal on the table in just 30 minutes.

**30** Minutes to the Table

**15** Minutes Hands On

**2 Whisks** Easy

## Getting Organized

### EQUIPMENT

- Large Oven-Safe Skillet
- Large Skillet

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 6 MEEZ CONTAINERS

- Chicken Breast
- Roasted Red Peppers
- Fontina & Breadcrumbs
- Cream Sauce
- Spinach & Kale
- Balsamic Glaze

## Make The Meal Your Own

**Have leftovers?** These flavors are delicious with pasta. Just cook up your favorite and toss with the leftovers.

**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

**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** – 630 Calories, 25g Fat, 55g Protein, 40g Carbs, 16 WW+ Points

**Lightened up snapshot-** 490 calories, 14g fat, 14 WW+ Points w/half the cream sauce and breadcrumbs

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

INGREDIENTS: Free-Range Chicken, Roasted Red Pepper, Spinach, Fontina Cheese, Half & Half, White Wine, Kale, Panko Breadcrumbs, Balsamic Vinegar, Italian Breadcrumbs, Brown Sugar, Garlic, Herbs

meez *meals*

### 1. Getting Organized

Preheat your oven to 400.

### 2. Prep and Cook the Chicken

Rinse the **Chicken Breast** under cold water and pat dry with a towel. 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).

Heat 1 tsp oil in a large oven-safe skillet over high heat. When the oil is hot, add the chicken to the pan. Cook, without moving or flipping, until the bottom is browned and each piece begins to color up the side, about 3 minutes. Flip and continue cooking until the other side is well browned, about 3 more minutes. Turn off the heat.

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

### 3. Bake the Chicken

Lay the **Roasted Red Peppers** evenly on top of the chicken breasts. Top with **Fontina & Breadcrumbs**, pressing down to cover the peppers and the entire chicken breast.

Pour the **Cream Sauce** into the bottom of the pan and return pan to high heat. As soon as the sauce begins to boil, turn off the heat and place the skillet into the oven. Bake until the breadcrumbs are golden brown and the sauce has thickened, about 12 to 15 minutes.

*The sauce will be very thick. We like it that way, but if you prefer a thinner sauce, add 1-2 Tbsp of water to the pan after it's been in the oven 5 minutes.*

### 4. Sauté the Greens

Heat 1 tsp oil in a large skillet over high heat. Add the **Spinach & Kale** and cook until lightly wilted, but still bright green, about 2 minutes. Stir in **Balsamic Glaze**, coating the greens, until thickened. Drain any excess liquid from the pan.

*If you're cooking your greens in batches, use 1 tsp of oil per batch.*

Serve the glazed greens alongside the baked chicken.

Instructions for two servings.

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# Crisp Salmon with Olive Tapenade

We're topping pan-fried salmon with our new favorite tapenade. It has kalamata olives, plus a not-so-secret ingredient: sweet cherries. Sound strange? Cherries balance the olives, making a combo that's perfect over crispy salmon. Served over Dijon Brussels sprouts and fingerling potatoes, it's a gourmet taste in just 20 minutes.

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

- 2 Skillets
- Shallow Pie Pan or Plate

### FROM YOUR PANTRY

- ½ Cup Flour
- Olive Oil
- Salt & Pepper

### 5 MEEZ CONTAINERS

- Fingerling Potatoes
- Brussels Sprouts
- Salmon
- Olive Tapenade
- Mustard Vinaigrette

## Make The Meal Your Own

**Picky Eaters Tip** – Cooking with someone who doesn't love Brussels sprouts? Cook the potatoes and Brussels separately, and keep all of their Brussels sprouts for yourself!

**Salmon has a reputation for being tricky** to cook. Chef Max says the key to perfect salmon is making sure you don't overcook it. Cook over high heat for a few minutes per side and then let it rest. The salmon continues cooking as it rests, so let it sit 5 minutes, covered, off the heat before you cut into it and check for doneness.

**Our salmon** is sustainably raised and is free from dyes, antibiotics and industrial grain-based diets.

## Good To Know

**Health snapshot per serving** – 700 Calories, 40g Fat, 40g Protein, 40g Carbs, 18 WW+ Points

**Lighten up** – 530 Calories, 30g fat, 14 WW+ Points, half the mustard vinaigrette and fingerling potatoes

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

INGREDIENTS: Wild-Caught Salmon, Fingerling Potatoes, Brussels Sprouts, Olive Oil, Kalamata Olives, Apple Cider Vinegar, Green Onion, Dijon Mustard, Brown Sugar, Dried Cherries, Garlic, Herbs

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### 1. Prep the Potatoes

Cut the **Fingerling Potatoes** in half lengthwise and then cut across to create small, even pieces, about ½" each.

### 2. Make the Dijon Brussels & Potatoes

Heat 1 Tbsp oil in a large skillet over high heat. Add the cubed potatoes and cook, stirring occasionally, until starting to brown on the edges, 3 to 5 minutes. Add the **Brussels Sprouts** along with a generous pinch of salt and pepper and cook, stirring, until the Brussels are well browned and the potatoes are fork tender, about 10 to 15 minutes. Mix half of the **Mustard Vinaigrette** into the cooked Brussels and potatoes.

### 3. Cook the Salmon

While the hash is cooking, pour ½ cup flour in a shallow pie pan or on to a plate and add a generous pinch of salt and pepper. Pat the **Salmon** fillets dry with a paper towel and coat with the flour, making sure each fillet is covered with a thin layer. Repeat this process with remaining salmon.

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

Heat 2 Tbsp of oil in a large skillet on high heat. Add the salmon and cook until it colors about halfway up the sides, about 4 minutes. Flip and cook an additional 2 minutes. Remove from the heat and let rest 5 minutes.

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

### 4. Put It All Together

Serve the veggies topped with salmon. Spread the **Olive Tapenade** on the salmon to taste and drizzle the finished dish with remaining mustard vinaigrette.

*Love this recipe?  
#meezmagic*

# Roasted Squash Personal Pizza

**30** *Minutes to the Table*

**10** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Baking Sheet

### FROM YOUR PANTRY

Olive Oil

Flour

### 4 MEEZ CONTAINERS

Butternut Squash

Pizza Dough

White Bean

Alfredo

Mozzarella &

Parmesan

## Good to Know

**Take the pizza dough out** of the fridge 15 minutes before you're ready to start cooking.

**Omnivore's Option** - Sliced salami or pepperoni are great additions. Layer them on the pizza crust with the cooked squash.

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

695 Calories, 20g Fat, 90g Carbs, 40g Protein

18 WW+ Points

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

500 Calories, 10g Fat, 80g Carbs, 12 WW+ Points

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

INGREDIENTS: Whole Wheat Pizza Dough, Butternut Squash, Great Northern Beans, Mozzarella Cheese, Parmesan Cheese, Half and Half, 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 Squash

Toss the **Butternut Squash** with 1 Tbsp of oil and spread in a single layer on a baking sheet. Roast until lightly browned and tender, about 7 to 10 minutes, then move to the side of the pan so you have room to build the pizza.

## 3. Make the Pizza

While the squash is 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 ¼" thickness. Our pizzas are usually about 4" wide and 7" long, but you can make yours however you like it.

Transfer the dough to the baking sheet. Spread the **White Bean Alfredo** on the dough and then top with ¼ of the **Mozzarella & Parmesan** and the roasted squash. Top with the remaining cheese and bake until the crust is brown and the cheese is melted, about 15 minutes.

*Love this recipe? #meezmagic*

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# Personal Artichoke Quesadilla

**25** *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

Carrots &

Parsnips

Tortillas

Artichoke Pesto

Cheese Mix

## Good to Know

**We like hands-free oven cooking**, but this quesadilla cooks just as well in a skillet on the stove.

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

835 Calories, 45g Fat, 75g Carbs, 23 WW+ Points

### **Lightened up snapshot (1 folded tortilla, 1/3 cheese, 3/4 pesto)**

490 Calories, 25g Fat, 50g Carbs, 14 WW+ Points

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

INGREDIENTS: Flour Tortillas, Carrot, Artichoke Hearts, Mozzarella, Parsnip, Feta, Parmesan, Olive Oil, Parsley, Lemon Juice, Spices

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## Getting Organized

Preheat your oven to 400.

### 1. Roast the Veggies

Toss the **Carrots & Parsnips** with 1 Tbsp of oil and season with salt and pepper. Spread in a single layer on a baking sheet and roast for 7 to 10 minutes and then remove to a plate.

### 2. Build the Quesadilla

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.

Spread the **Artichoke Pesto** on the tortilla and then top with half of the **Cheese Mix** and the carrots and parsnips. Sprinkle the remaining cheese mix on top of the veggies. Top with the second tortilla, oiled-side up, and gently press down.

### 4. Put It All Together

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

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# Buddha Salad Bowl

5 Minutes to the Table

5 Minutes Hands On

## Getting Organized

### EQUIPMENT

Mixing Bowl

### FROM YOUR PANTRY

Salt & Pepper

### 5 MEEZ CONTAINERS

Bamboo Shoots

Baked Tofu

Cooked Brown Rice

Cabbage & Carrots

Soy-Ginger Aioli

## Put It All Together

Toss the **Bamboo Shoots, Baked Tofu, Cooked Brown Rice** and **Cabbage & Carrots** together in a mixing bowl with half of the **Soy-Ginger Aioli**. Mix well, season with salt and pepper and add more aioli to taste.

## Good to Know

### Health Snapshot per serving

600 Calories, 40g Fat, 70g Carbs, 10g Protein  
17 WW+ Points

### Have Questions?

We're standing by at 773.916.6339

INGREDIENTS: Cabbage, Tofu, Bamboo Shoots, Brown Rice, Carrots, Mayonnaise, Green Onions, Tamari, Brown Sugar, Rice Wine Vinegar, Ginger, Sesame Seeds

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# Lemon Chai Roasted Carrots

**20** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Mixing Bowl  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 3 MEEZ CONTAINERS

Carrots  
Lemon Chai  
Dressing  
Pecans

## Make This Meal Your Own

**Want to put a twist on this recipe?** Make a puree by running the roasted carrots through a food processor and then top with the nuts.

**Save on oven space** – Cook this in advance and serve at room temperature.

## Good to Know

### **Health Snapshot per serving (serves 2)**

385 Calories, 20g Carbs, 5g Protein, 5 WW+ Points

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

INGREDIENTS: Carrots, Pecans, Olive Oil, Lemon Juice, Green Onion, Brown Sugar, Garlic, Herbs and Spices

meezmeals

### 1. **Getting Started**

Preheat your oven to 400.

### 2. **Roast the Carrots**

Toss the **Carrots** with 2 Tbsp of olive oil and spread in a single layer on a baking sheet. Roast until lightly browned, about 12 to 15 minutes.

Drain the excess oil from the pan, add half of the **Lemon Chai Dressing** and the **Pecans** and return to the oven for an additional 5 minutes.

### 3. **Put It All Together**

Season with salt and pepper and more dressing to taste.

*Love this recipe? #meezmagic*

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

# Quick Tips

## *Spinach Pancakes with Basil Corn Relish*

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<b>30 Min</b> to Table	<b>30 Min</b> Hands On	<b>1 Whisk</b> Easy
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**Getting Started** Preheat your oven to 375 & heat the griddle/skillet.

**Kids Tip** Put them in charge of making the pancakes!

**From Your Pantry** You'll need milk, eggs and butter.

## *Crisp Salmon with Olive Tapenade*

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<b>20 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Cut the fingerling potatoes into ½" rounds.

**Picky Eaters Tip** Cook the Brussels sprouts and potatoes separately.

## *All American BBQ Chicken Burrito*

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<b>25 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 400.

**Leftovers Tip** Coleslaw makes a great base for a salad.

## *Black Bean Sweet Potato Chili*

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<b>45 Min</b> to Table	<b>15 Min</b> Hands On	<b>2 Whisks</b> Easy
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**Getting Started** Preheat your oven to 425.

**Omnivore Option** Ground beef is a tasty addition.

## *Hawaiian Paella*

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<b>30 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 375.

**Omnivore Option** Pork loin is a tasty addition.

## *Arroz con Pollo*

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<b>40 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Rinse your chicken and season with Salt & Pepper

**Seasoning Tip** To kick up the spice in this meal, add some crushed red pepper flakes.

### *Triple Mushroom Sugo with Toasted Gnocchi*

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<b>35 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> 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 1 tbsp of flour.

### *Artichoke Quesadilla*

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<b>25 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat oven to 400.

**Leftovers Tip** This cooks very well in a skillet.

### *Roasted Squash Personal Pizza*

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<b>30 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 425 & take the dough out of the fridge.

**Omnivore Option** Sliced salami or pepperoni are great additions.

**From Your Pantry** You'll need just a sprinkle of flour.

### *Buddha Salad Bowl*

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<b>15 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** No pre-work needed.

## Health Snapshot

### Spinach Pancakes

650 Calories  
35 g Protein  
40 g Fat  
50 g Carbs.  
10 g Fiber  
735 mg Sod.

17 WW+ Points

135 Vit. C  
50% Folate  
25% Calcium

### Chicken Burrito

730 Calories  
35 g Protein  
30 g Fat  
70 g Carbs.  
10 g Fiber  
990 mg Sod.

19 WW+ Points

250% Vitamin C  
55% Vit. B-12  
50% Vitamin A

### Hawaiian Paella

660 Calories  
30 g Protein  
20 g Fat  
95 g Carbs.  
10 g Fiber  
2,795 mg Sod.

17 WW+ Points

55% Vitamin C  
50% Calcium  
45% Iron

### Salmon Tapanade

700 Calories  
40 g Protein  
40 g Fat  
40 g Carbs.  
6 g Fiber  
437 mg Sod.

18 WW+ Points

130% Vitamin C  
95% Vit. B-6  
85% Vit. B-12

### Black Bean Chili

790 Calories  
25 g Protein  
20 g Fat  
140 g Carbs.  
20 g Fiber  
980 mg Sodium

21 WW+ Points

700% Vitamin A  
140% Vitamin C  
50% Calcium

### Lighten Up Option

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

#### Pancakes

*½ the cream  
cheese*

500 Calories  
10 g Fat  
13 WW+ Points

#### Burrito

*No tortillas*

500 Calories  
30 g Fat  
13 WW+Points

#### Paella

*No cashews*

500 Calories  
10 g Fat  
14 WW+ Points

#### Tapanade

*½ the sauce and  
potatoes*

530 Calories  
30 g Fat  
14 WW+ Points

#### Chili

*No crema, ½  
bread, ¾ potatoes*

500 Calories  
5 g Fat  
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

<b>Arroz con Pollo</b>	<b>Mushroom Sugo Gnocchi</b>	<b>Roasted Squash Pizza</b>	<b>Artichoke Quesadilla</b>	<b>Buddha Salad Bowl</b>	<b>Brussels Sprouts</b>
720 Calories	420 Calories	695 Calories	770 Calories	600 Calories	385 Calories
50 g Protein	15 g Protein	40 g Protein	25 g Protein	10 g Protein	20 g Protein
16 g Fat	10 g Fat	20 g Fat	35 g Fat	40 g Fat	20 g Fat
95 g Carbs.	65 g Carbs.	90 g Carb.	95 g Carbs.	70 g Carbs.	35 g Carbs.
5 g Fiber	10 g Fiber	20 g Fiber	5 g Fiber	10 g Fiber	10 g Fiber
757 mg Sod.	1,705 mg Sod.	1,530 mg Sod.	1,245 mg Sod.	2000 mg Sodium	640 mg Sodium
13 WW+ Points	11 WW+ Points	18 WW+ Points	21 WW+ Points	17 WW+ Points	10 WW+ Points
22% Vitamin A	15% Calcium	190% Vitamin A	60% Folate	120% Vitamin A	30% Vitamin A
25% Calcium	10% Vitamin B6	A	25% Calcium	115% Vitamin C	280% Vitamin C
58% Vitamin C	10% Vitamin A	80% Calcium	20% Vit. B-12	30% Folate	30% Folate
		40% Vitamin C			

### Lighten Up Option

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

<b>Pollo</b>	<b>Gnocchi</b>	<b>Pizza</b>	<b>Quesadilla</b>	<b>Buddha Bowl</b>	<b>Brussels</b>
<i>½ the cheese, no tortillas</i>	<i>No changes</i>	<i>¼ cheese, ½ alfredo</i>	<i>1 slice of bread</i>	<i>No changes</i>	<i>No changes</i>
500 Calories	420 Calories	500 Calories	500 Calories	600 Calories	385 Calories
10 g Fat	10 g Fat	10 g Fat	30 g Fat	40 g Fat	20 g Fat
13 WW+ Points	11 WW+ Points	12 WW+ Points	14 WW+ Points	17 WW+ Points	10 WW+ Points