

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 butternut squash chips. Unusual and totally delicious.

30 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- 3 Rimmed Baking Sheets
- Saucepan

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Basil Peanut Crunch
- Red Rice
- Squash & Carrots
- 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. When you're 20 minutes away from wanting dinner, start your squash and carrots.

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, 20g Protein, 10g Fiber, 18 WW+ Points

Lightened up snapshot – 500 Calories, 15g Fat and 15 WW+ 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: Butternut Squash, Organic Tofu, Carrots, 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.

3. Roast the Vegetables, Tofu and Coconut

Put the **Squash & Carrots** on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Arrange in a single layer and cook until they just start to crisp at the edges, about 12 to 15 minutes.

Start the tofu as soon as the vegetables go into the oven. Put the **Tofu** on to another 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.

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

Keep an eye on the veggies as they cook. They're thin and can go from perfect to over-cooked very quickly.

4. Put It All Together

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

Love this recipe? #meezmagic

Instructions for one, two, four and six servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Cook by March 29

Southern Sweet Corn, Scallion and Cheddar Strata

Stratas are one of our favorites hands-free dinners – just layer your ingredients and the oven does all the work for you. We're making this Southern style one with local sourdough, corn, scallions and a cheddar and parmesan cheese mix. The best part? The leftovers are perfect for brunch the next day. (Don't be scared off by the long cook time on this one. It's just 5 minutes of hands on cooking and can be made in advance.)

60 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Loaf Pan or 10x10
Casserole Dish
Mixing Bowl

FROM YOUR PANTRY

Butter or
Cooking Spray
1 ½ cup Milk or
Half & Half

4 MEEZ CONTAINERS

Sourdough Bread
Corn & Scallions
Cheddar & Parmesan
Egg Mix

Make The Meal Your Own

This is a great make-ahead dinner. Prepare the strata ahead of time, and reheat it for 10 minutes at 350 when you are ready to eat.

Dedicated omnivores can add cooked, crumbled bacon along with the corn.

Looking for a brunch idea? This is a delicious breakfast as well. Add some sausage to give it a breakfast feeling.

Want to boost the veggies in this dish? Cherry tomatoes, sliced zucchini, and diced sweet potatoes are all delicious additions.

Good To Know

A note on pan size – To keep the strata moist, Chef Max likes to make his in a narrow, deep pan, like a loaf pan. You can also build your strata in a shallower 10x10 casserole dish, but start checking it a bit earlier, as it may cook faster.

Health snapshot per serving – 830 Calories, 45g Protein, 5g Fiber, 22 WW+ Points

Lightened up snapshot – 495 Calories, 20g Fat and 14 WW+ points using ½ the bread and no cheese.

INGREDIENTS: Corn, Eggs, Sourdough Bread, White Cheddar Cheese, Green Onion, Parmesan Cheese, Mayonnaise

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1. Getting Organized

Preheat your oven to 350 degrees and grease your pan using butter or cooking spray.

2. Assemble the Strata

Put 1/3 of the **Sourdough Bread** on the bottom of the pan. Layer 1/3 of the **Corn & Scallions** on top of the bread and then layer with 1/3 of the **Cheddar & Parmesan**. Repeat these layers two more times – bread, corn, cheese – until you've used up your ingredients.

Open the **Egg Mix** and pour into a mixing bowl. Add 1 ½ cup milk or half & half. Season with two pinches of Kosher salt and up to ½ tsp of black pepper. Pour the egg mixture into the pan as evenly as possible.

3. Bake the Strata

Bake the strata until the eggs are set and it's brown on top, about 50-60 minutes. Slice and serve. Enjoy!

You can adjust the black pepper amount based on your preferences. Chef Max likes the full ½ tsp, but if you're not a black pepper fan, go with just a pinch or two.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Cook by March 29

Triple Mushroom Flatbread Pizza

Ever wonder what they teach in culinary school? Chef Max tells us it's all about the sauces, and this gorgonzola sauce was one his favorites. Rich, creamy, and the perfect way to make pizza night extra special.

25 Minutes to the Table

25 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

Large Skillet
Saucepan
Baking Sheet

FROM YOUR PANTRY

Olive Oil
1 ½ Flour + More for
Dusting
½ Tbsp Butter

7 MEEZ CONTAINERS

Pizza Dough
Onion & Garlic
Mushrooms
White Wine
Mozzarella Cheese
Cream Sauce
Gorgonzola Cheese

Make The Meal Your Own

Kids and picky eaters can top their own flatbread with plain cheese, and as many veggies as they like. You may want to serve the gorgonzola sauce on the side.

Dedicated omnivores can add roasted chicken to this dish. Use it as a topper with the mushrooms.

Good To Know

We've been generous with the toppings. That's because everyone rolls their pizza out a little differently, and we want to be sure you have enough toppings to cover it all. Apply the toppings with a light hand and use the leftovers for another dish.

Health snapshot per serving - 600 Calories, 30g Protein, 10g Fiber, 14 WW+ Points.

Lightened up snapshot – 450 Calories, 15g Fat, 11 WW+ Points with ½ the cheese.

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

INGREDIENTS: Pizza Dough, Mushrooms, Red Onion, Mozzarella Cheese, Half and Half, White Wine, Gorgonzola Cheese, Concentrated Vegetable Stock, Garlic, Thyme

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1. Getting Organized

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

2. Shape and Bake Your Dough

Sprinkle your counter with a little flour and roll out your pizza dough into flatbreads. Transfer the dough onto a baking sheet. Bake for 10 minutes; remove, then turn the oven up to 450.

The size of the flatbread is up to you. We target 1/4" thickness, and our two-person flatbreads are about 8" wide and 14" long.

3. Cook the Mushroom Topping & Assemble the Pizza

While the pizza dough is baking, start the mushroom topping. Heat 1 Tbsp olive oil in a large skillet over medium heat. Add the **Onion & Garlic** and cook for 2 minutes.

Add the **Mushrooms** and cook for 5 minutes. Add the **White Wine** and cook over high heat until the wine evaporates, then set aside.

Once the pizza dough is out of the oven, sprinkle with the **Mozzarella Cheese** and top with the cooked vegetables. Bake until the cheese melts, about 5 to 10 minutes.

4. Make the Gorgonzola Sauce

While the pizza is cooking, prepare the cream sauce. Melt ½ Tbsp butter in a saucepan over medium heat. Add 1 ½ tsp flour and whisk for a minute. Whisk in the **Cream Sauce** and **Gorgonzola Cheese**. Keep stirring and simmer until it thickens. Drizzle the flatbread with as much sauce as you'd like and enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Cook by March 29

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 – 680 Calories, 25g Protein, 10g Fiber, 17 WW+ Points

Lightened up snapshot – 500 Calories, 10g Fat and 13 WW+ 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

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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 * Cook by March 29

Creamy Balsamic Chicken Pasta with Spinach & Roasted Tomatoes

Balsamic cream is as dreamy as it sounds. We're adding it to sautéed chicken breast, al dente fusilli pasta and topping it off with wilted spinach and roasted cherry tomatoes. All this decadence and quick to the table in about 20 minutes.

20 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Saucepan
- Deep Skillet or Large Saucepan with Lid

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Whole Wheat Pasta
- Spinach
- Chicken Breast
- 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 a great meal to make ahead for a quick next-day lunch.

Leftovers Tip – Turn your leftovers into a pasta frittata. Add 1 egg for every ½ cup of leftovers, stir to combine, and then bake until egg is set.

Our free-range chickens move about as they choose, whether outside in the warm grass or inside in a state-of-the-art chicken house when the weather is bad.

Good To Know

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

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

Health snapshot per serving – 810 Calories, 35g Fat, 45g Protein, 90g Carbs, 22 WW+ Points

Lightened up snapshot – 500 Calories, 30g Fat, and 14 WW+ Points with no pasta and 2/3 of the goat cheese.

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

INGREDIENTS: Free-Range Chicken, Grape Tomatoes, Whole Wheat 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. Season the chicken generously with salt and pepper (we recommend about ¼ tsp of each).

2. Cook the Pasta

Add the **Whole Wheat Pasta** to the boiling water. Cook until al dente, about 7 to 9 minutes, and then drain. Return the pasta to the empty saucepan. Add the **Spinach** and mix until well combined.

The spinach will only wilt slightly from the heat of the pasta. It's okay - you want full, fluffy spinach.

3. Cook the Chicken and Tomatoes

While the pasta is cooking, heat 1 ½ Tbsp olive oil in a deep skillet or large saucepan over medium-high heat. When the oil is smoking, add the **Chicken Breast** and **Grape Tomatoes** and cover. Cook until the chicken is browned on one side, about 6 minutes, and then flip. Continue cooking, uncovered, until chicken is fully cooked, about 4 more minutes.

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

Add the **Balsamic Cream**. As soon as it boils, turn off the heat and season with salt and pepper to taste.

If you want to test the doneness of the chicken, use a thermometer. You're looking for 165 or above.

4. Put It All Together

Add the pasta and spinach to the chicken and tomatoes and mix well to coat. Serve topped with crumbled **Goat Cheese**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by March 29

Sirloin Enchilada Bake

We're taking our classic enchilada sauce and marrying it with the deep rich flavors of sirloin steak and kale. All this yumminess with superfood quinoa and topped with a generous handful of cheese. It's sure to be a new comfort food favorite.

30 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Saucepan
- Casserole Dish

FROM YOUR PANTRY

- Salt & Pepper

6 MEEZ CONTAINERS

- Quinoa
- Sirloin
- Kale
- Beans & Tomatoes
- Enchilada Sauce
- Asadero Cheese

Make The Meal Your Own

Want to get a jump on dinner? Cook the quinoa up to a day ahead. When you're ready to eat, all you'll have to do is build and bake the casserole.

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

Leftovers Tip – The leftovers from this dish make a delicious taco or burrito filling.

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 – 550 Calories, 30g Fat, 50g Protein, 25g Carbs, 14 WW+ Points

Lightened up snapshot – 450 Calories, 20g Fat and 11 WW+ points with ½ the cheese.

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

INGREDIENTS: Grass-Fed Beef, Prepared Enchilada Sauce, Kale, Tomatoes, Asadero Cheese, Quinoa, Black Beans, Cilantro, Garlic, Herbs and Spices

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1. Getting Organized

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

2. Cook the Quinoa

Add the **Quinoa** to the boiling water and cook for 6 to 8 minutes. Drain and set aside.

3. Make the Casserole

While the quinoa is cooking, combine the **Sirloin, Kale, Beans & Tomatoes** and **Enchilada Sauce** in a casserole dish. Bake, stirring occasionally, until the kale shrinks down a bit and starts to crisp, about 15 minutes. (You'll want to stir about every 5 minutes to prevent the kale from burning or getting too crisp on the edges). Add the cooked quinoa to the casserole and stir to incorporate. Continue baking until bubbling, about 7 to 10 more minutes.

This works in everything from a loaf pan to a 10x10 casserole dish.

4. Put It All Together

Sprinkle the **Asadero Cheese** over the top and bake until the casserole is bubbling around the edges and the cheese is melted, about 5 more minutes. Serve hot and enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by March 29

Blackened Baja Salmon & Avocado Tacos

You can practically taste the ocean side with these zesty fish tacos. Omega-3 rich salmon is coated with our Baja seasoning and then paired with creamy avocado and tangy pineapple. Fast, fantastic and full of flavor, don't forget the lemonade and cerveza to complete the meal.

30 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Mixing Bowl
Shallow Pie Pan or Plate
Medium Skillet
Small Skillet (optional)

FROM YOUR PANTRY

1 Tbsp Flour
Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Cabbage & Carrots
Coleslaw Dressing
Cajun Seasoning
Salmon
Avocado
Tortillas

Make The Meal Your Own

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.

Eating with someone who doesn't love spice? Serve their fish without the Cajun seasoning.

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

Good To Know

Health snapshot per serving – 595 Calories, 30g Fat, 30g Protein, 50g Carbs, 16 WW+ Points

Lightened up snapshot – 465 Calories, 20g Fat, and 12 WW+ Points with ½ the avocado & coleslaw dressing.

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

INGREDIENTS: Wild-Caught Salmon, Corn Tortillas, Carrots, Avocado, Green Cabbage, Red Cabbage, Mayonnaise, Brown Sugar, Cajun Seasoning, White Wine Vinegar, Pineapple, Lemon Juice, Herbs and Spices

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1. 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 to chill until ready to eat.

2. Season and Cook the Salmon

Combine **Cajun Seasoning** with 1 Tbsp of flour on a plate or in a shallow pie pan. Coat the **Salmon** on all sides with the seasoning and then let sit in the flour for 2 minutes. Give the salmon a second coat in the seasoning.

Heat 2 Tbsp of oil in a medium skillet over high heat. When the oil is hot, add the salmon and cook 4 minutes. Flip, and cook 3 more minutes on the other side. Turn off the heat, cover and let sit for 5 minutes.

The fish absorbs the seasoning as it sits, which adds tons of flavor.

The seasoning gets very dark as it cooks, so don't worry if it starts to blacken. It's supposed to be that way.

3. Slice the Avocado

While the salmon is resting, slice the **Avocado** into even pieces (we usually get about 5 slices per half).

These tacos are filling, so we've given you two tortillas per diner.

4. Heat the Tortillas and Serve

Heat your **Tortillas** in a small dry skillet on the stove or directly over a gas burner until soft, about 30 seconds per side.

Use a fork to flake the salmon into pieces. Serve inside the warm tortillas topped with the coleslaw and avocado. Enjoy!

Love this recipe? #meezmagic

Use tongs or a slotted spoon to serve the coleslaw, leaving extra dressing behind. That way, your tacos won't get soggy.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by March 29

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.

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.

Put the dough on 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

Prepare by March 29

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

Shaved Brussels Sprout Salad with Lemon Vinaigrette

10 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Mixing Bowl
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Tortillas
Brussels &
Cauliflower
Chickpeas & Dates
Lemon & Feta
Vinaigrette

Make The Meal Your Own

This is a great make-ahead salad. Toast the tortillas in advance, and toss and serve when you're ready to eat.

Good to Know

Health Snapshot per serving (serves 2)

335 Calories, 30g Fat, 15g Carbs, 10g Protein,
10 WW+ Points

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

INGREDIENTS: Brussels Sprouts, Cauliflower, Chickpeas, Corn Tortillas,
Olive Oil, Dates, Feta, Lemon, White Wine Vinegar,
Green Onions

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1. Getting Started

Preheat your oven to 400.

2. Crisp the Tortillas

Cut the **Tortillas** into ½" strips and toss with olive oil, salt and pepper. Bake until crispy with light bubbles forming on top, about 5 to 7 minutes.

3. Put It All Together

Toss the **Brussels & Cauliflower** and **Chickpeas & Dates** in a mixing bowl with half of the **Lemon & Feta Vinaigrette**. Mix well, then add more vinaigrette to taste. Serve topped with the tortillas. Enjoy!

Love this recipe? #meezmagic

Prepare by March 29

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

Quick Tips

Himalayan Red Rice

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

Omnivore Option Chicken drumsticks are great with this.

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

Barbequed Sweet Potato

Couscous 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.

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

Southern Sweet Corn, Scallion and Cheddar Strata

60 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 350 and grease your pan.

Omnivore Option Cooked, crumbled bacon is perfect with this.

From Your Pantry You'll need half&half/milk & butter/cooking spray.

Triple Mushroom Flatbread Pizza

25 Min to Table	25 Min Hands On	2 Whisks Easy
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Getting Started Preheat your oven to 400 and take dough out of the fridge.

Omnivore Option Roasted chicken tastes delicious with this meal.

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

Creamy Balsamic Chicken Pasta

with Spinach and Roasted Tomatoes

20 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.

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



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Sirloin Enchilada Bake

30 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat oven to 375 and put water on to boil.

Leftovers Tip Leftovers make a delicious taco or burrito filling.

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

Blackened Baja Salmon and Avocado Tacos

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

Picky Eater Tip Serve their fish without the Cajun seasoning.

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

Roasted Squash Personal Pizza

30 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 425 and take dough out of the fridge.

Omnivore Option Sliced salami or pepperoni are great additions.

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

Composting Made Easy

We compost at the Meez Kitchen, and we're partnering with Collective Resources to make it easy for Meez Members to try composting at home, too.

Visit www.meezkitchen.com/composting for more information!

Health Snapshot

Himalayan Red Rice

620 Calories
20 g Protein
20 g Fat
110 g Carbs.
10 g Fiber
1,400 Sodium

18 WW+ Points

300% Vit. A
75% Calcium
25% Folate

Corn Cheddar Strata

830 Calories
45 g Protein
40 g Fat
75 g Carbs.
5 g Fiber
1,320 mg Sodium

22 WW+ Points

45% Vitamin A
60% Folate
90% Calcium

Triple Mushroom Flatbread

600 Calories
30 g Protein
20 g Fat
60 g Carbs.
10 g Fiber
1000 mg Sodium

14 WW+ Points

70% Folate
45% Calcium
25% Vitamin D

Barbeque Couscous Gratin

680 Calories
25 g Protein
10 g Fat
125 g Carbs.
10 g Fiber
1,070 mg Sodium

17 WW+ Points

715% Vitamin A
110% Vitamin C
40% Vitamin B-6

Balsamic Chicken Pasta

810 Calories
45 g Protein
35 g Fat
90 g Carbs.
10 g Fiber
495 mg Sodium

22 WW+ Points

115% Vitamin C
60% Vitamin A
40% Vitamin B-6

Lighten Up Option

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

Red Rice

No coconut,
3/4 rice

500 Calories
15 g Fat
15 WW+ Points

Strata

1/2 bread, no
cheese

495 Calories
20 g Fat
14 WW+ Points

Flatbread

1/2 cheese

450 Calories
15 g Fat
11 WW+ Points

Gratin

1/2 couscous

500 Calories
10 g Fat
13 WW+ Points

Chicken Pasta

No pasta, 2/3 goat
cheese

500 Calories
30 g Fat
14 WW+ Points

Health Snapshot

Enchilada Bake	Salmon Tacos	Roasted Squash Pizza	Shaved Brussels Salad
550 Calories	595 Calories	695 Calories	335 Calories
50 g Protein	30 g Protein	40 g Protein	10 g Protein
30 g Fat	30 g Fat	20 g Fat	30 g Fat
25 g Carbs.	50 g Carbs.	80 g Carbs.	15 g Carbs.
5 g Fiber	10 g Fiber	20 g Fiber	5 g Fiber
1,030 mg Sod.	1,810 mg Sodium	1,530 mg Sod.	285 mg Sod.
14 WW+ Points	16 WW+ Points	18 WW+ Points	10 WW+ Points
130% Vitamin A	100% Vitamin A	190% Vitamin A	85% Vitamin C
65% Vit. B-12	75% Vit. B-6	80% Calcium	25% Folate
45% Calcium	60% Vit. B-12	40% Vitamin C	10% Calcium

Lighten Up Option

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

Steak	Salmon	Pizza	Salad
½ cheese	½ avocado & coleslaw dressing	¼ cheese, ½ alfredo	No changes
450 Calories	465 Calories	500 Calories	335 Calories
20 g Fat	20 g Fat	10 g Fat	30 g Fat
11 WW+ Points	12 WW+ Points	12 WW+ Points	10 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.