

Tuscan Asparagus and Chive Oil with Wonton Crisps

Is there anything better than fresh asparagus, sautéed and tossed with a delicious oil? How about turning it into a meal with salt & pepper wontons, dates, cannellini beans and feta? It's even better than it sounds.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Mixing Bowl
Large Skillet
Rimmed Baking
Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Asparagus & Fennel
Cannellini Beans &
Garlic
Wonton Sheets
Feta & Dates
Chive Oil

Make The Meal Your Own

Omnivore's Option – Shrimp is delicious with these flavors.

Cooking with a picky eater? Drizzle their portion with plain olive oil, instead.

Good To Know

If you're making the vegan version, we've left the feta out of your meal. Just add an extra pinch of salt.

Health snapshot per serving – 635 Calories, 15g Protein, 15g Fiber, 16 WW+ Points.

Lightened up snapshot – 500 Calories, 25 g Fat and 13 WW+ Points when you leave out the feta cheese and only use $\frac{3}{4}$ of the beans.

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

INGREDIENTS: Asparagus, Cannellini Beans, Wonton Sheets, Fennel, Olive Oil, Feta Cheese, Dates, Chives, Basil, Granulated Garlic, Lemon, Salt

meezmeals

1. Getting Organized

Preheat your oven to 375.

2. Sauté the Vegetables

Heat 2 Tbsp of olive oil in a large skillet over high heat. When the oil is almost smoking hot, add the **Asparagus & Fennel** and cook until the asparagus turns bright green and the fennel gets golden brown in places, about 7 to 10 minutes. Stir every minute or so --- you need surface contact for it to cook well.

The veggies need room to cook. If it'll be too crowded to cook them all in one layer, work in batches or use two pans.

Add the **Cannellini Beans & Garlic** to the pan and cook, stirring occasionally, until hot, about 5 to 7 minutes.

3. Make the Salt & Pepper Wontons

Cut the **Wonton Sheets** into strips, pull them apart to separate and put on a rimmed baking sheet. Drizzle generously with olive oil (about 2 1/2 Tbsp) and a good pinch of salt and pepper.

Bake until the wonton strips are golden brown in places, about 7 to 10 minutes. Transfer to a paper-towel lined plate and let cool.

4. Put It All Together

Put the wontons, veggies, beans, and **Feta & Dates** into a large mixing bowl with half the **Chive Oil** and toss. Season with salt and pepper and more oil to taste. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Cook by April 19

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

meezmeals

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 * Cook by April 19

Creamy Mushroom Cakes with Fennel Slaw

If you love stuffed mushrooms, you're in for a treat. We're taking the classic flavors of a stuffed mushroom and cooking them up as a center-of-the-plate, entree-worthy mushroom cakes. Topped with crunchy fennel slaw and pesto cream, it's simply delicious.

45 Minutes to the Table

30 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet
2 Mixing Bowls
Food Processor or Knife
and Cutting Board

FROM YOUR PANTRY

1 Tbsp Butter
Salt & Pepper
1 Egg

5 MEEZ CONTAINERS

Fennel
Pesto Cream
Mushrooms
Onion & Garlic
Cheese & Breadcrumbs

Make The Meal Your Own

Omnivore's Option – Add cooked sausage with the breadcrumbs.

Cooking with a picky eater? If you're eating with someone who doesn't love fennel, save some of the pesto cream and serve directly on the mushroom cake.

Good To Know

Health snapshot per serving – 555 Calories, 25g Protein, 10g Fiber, 18 WW+ Points.

Lightened up snapshot – 475 Calories, 20 g Fat and 16 WW+ Points when you use half of the sauce.

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

INGREDIENTS: Mushrooms, Fennel, Onion, Heavy Cream, Oats, Parmesan Cheese, Breadcrumbs, Basil, Lemon, Garlic, Miso

*meez*meals

1. Getting Organized

Preheat your oven to 375.

2. Make the Fennel Slaw

Heat 1 Tbsp olive oil in a skillet over medium-high heat. Add the **Fennel** and cook for 1 minute, then transfer to a bowl. Return the skillet to the heat, and add the **Pesto Cream** over medium high heat until hot to touch, 1 to 2 minutes. Pour over the fennel and toss well, then refrigerate.

The fennel may oxidize, turning slightly brown. Don't worry, it's still delicious.

3. Make the Mushroom Cakes

If you have a food processor, put the **Mushrooms** into the bowl and pulse until you have pea-sized chunks. If you don't have one, use a cutting board and chop into small pieces.

Mushrooms don't hold up well when cut small, so we're leaving the final cutting to be done at home.

Heat a large skillet over high heat and add the chopped mushrooms with a good pinch of salt. Sauté until the water is released and evaporates, about 10 to 15 minutes. Add 1 Tbsp of butter and the **Onion & Garlic**. Cook for 5 minutes.

There's no need to use oil when cooking the mushrooms.

Transfer to a large mixing bowl and add the **Cheese & Breadcrumbs** and salt and pepper and mix well. Add 1 egg and knead using your hands. When everything is fully incorporated, shape into 4 cakes. For each cake, make a ball, then flatten to 1" thick. Put on a baking sheet and cook until crispy brown on the outside, about 15 to 17 minutes.

4. Put It All Together

Serve the cakes topped with the fennel slaw and any of the excess basil cream from the bowl. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Spaghetti with Spinach Ricotta Bites

When we asked members what they'd like to see on the menu, veggie bites topped the list. Delicious breaded bites of goodness kids and grown ups alike would devour. We had fun testing, and our favorites were these spinach ricotta bites. Think spinach meatballs, served up with a delicious marinara over spaghetti. Yum!

40 Minutes to the Table

15 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Saucepan
Rimmed Baking Sheet
Food Processor
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
2 Eggs

6 MEEZ CONTAINERS

Spinach
Ricotta & Herbs
Parmesan Cheese
Breadcrumbs
Whole Wheat Spaghetti
Marinara Sauce

Make The Meal Your Own

This is a great make-ahead dinner. You can form the bites and cook the pasta sauce up to two days in advance, but wait to cook the bites until you're ready to eat. When it's time for dinner, just heat the sauce while the pasta is cooking and serve.

Kids love this recipe, and it's a fun one to let them help with. If your kids are old enough, have them form and coat the ricotta and spinach balls. They also love to dip the bites in the marinara, so serve theirs on the side.

Good To Know

We love to chop your ingredients for you; however, spinach is delicate and doesn't hold up well when chopped in advance.

A food processor is helpful for this recipe, but if you don't have one, you can chop the spinach by hand.

Health snapshot per serving – 580 Calories, 30g Protein, 10g Fat, 95g Carbs, 16 WW+ Points

Lightened up snapshot – 490 Calories, 10g Fat and 14 WW+ points by leaving out the cheese.

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

INGREDIENTS: Tomato, Spinach, Whole Wheat Spaghetti, Parmesan, Breadcrumbs, Onion, Ricotta Cheese, Garlic, Herbs

meezmeals

1. Getting Organized

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

If your oven has a convection setting, turn it on for this recipe.

2. Make the Spinach and Ricotta Mix

Put the **Spinach** into the bowl of a food processor and pulse until it's in small, chopped pieces. Remove to a mixing bowl.

It's easiest to do this in small batches.

Add the **Ricotta & Herbs**, $\frac{3}{4}$ of the **Parmesan Cheese** and $\frac{1}{2}$ of the **Breadcrumbs** to the spinach. Mix until combined and then add 2 eggs and season with salt and pepper. Mix until everything is incorporated. Add $\frac{1}{2}$ of the remaining breadcrumbs and combine.

3. Bake the Bites

Pour the remaining breadcrumbs into a shallow pie pan or cup. Form the spinach and ricotta mix into golf ball-sized bites and roll in breadcrumbs to coat. Put the bites on a foil-lined baking sheet, drizzle with olive oil and bake for 30 minutes until golden brown.

These bites are soft, so, Chef Max likes to use a cup to gently coat them - just fill with breadcrumbs and shake cup to coat bites.

While the bites are cooking, add the **Whole Wheat Spaghetti** to the boiling water. Cook 7 to 9 minutes until al dente. Drain and set aside. Return the empty saucepan to the stove.

4. Finish the Sauce

Put the **Marinara Sauce** in a saucepan over medium heat. Add up to $\frac{1}{2}$ cup water (depending on how thick you like your marinara sauce). Bring the sauce to a boil, then reduce to a simmer and cook for 5 minutes. Serve pasta topped with sauce, spinach and ricotta bites and the remaining Parmesan.

If you like a smoother sauce, puree the cooked sauce in a food processor.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Cook by April 19

Cheesy Tomatillo Casserole

Simply said, this Mexican casserole is a cheesy bit of heaven. We're toasting up tortillas to form a crunchy base, then topping them with poblanos, beans, pepper jack cheese and a fresh tomatillo salsa. Easy and delicious, and lighter than you'd think. That's our kind of dinner!

30 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet
Casserole Dish

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Corn Tortillas
Poblano Peppers
Corn & Beans
Creamy Tomatillo Salsa
Pepper Jack Cheese

Make The Meal Your Own

Omnivore's Option – Chorizo is right at home in this dish. Cook it up separately and add it with the corn mix.

Make ahead tip – Cook the casserole up through the first half of step 4. After you add the pepper jack, refrigerate the casserole. When you're ready to eat, bake for a final 20 minutes.

This dish has a kick from the poblanos and pepper jack cheese. If you'd like a mellower version, you can serve the corn and beans on the tortillas as tacos or tostadas.

Good To Know

The size of the casserole dish is up to you. We used a 9x9 pan for 2 servings. However, you can eyeball the ingredients to find the right size in your pantry. (The smaller the dish, the moister and more "casserole" the final finish. The bigger the dish, the faster it'll cook and crispier it'll be.)

Health snapshot per serving – 655 Calories, 30g Protein, 20g Fiber, 17 WW+ Points

Lightened up snapshot – 500 Calories, 15 g Fat and 12 WW+ Points with ½ the corn and bean mix and ¼ the cheese.

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

INGREDIENTS: Poblano Peppers, Tomatillos, Corn Tortillas, Black Beans, Corn, Pepper Jack Cheese, Cream Cheese, Sundried Tomatoes, Lime, Garlic, Cilantro, Spices

meezmeals

1. Getting Organized

Preheat your oven to 450.

2. Bake the Corn Tortillas

Lay the **Corn Tortillas** on a baking sheet and brush with olive oil on each side. Bake until crisp, about 5 to 10 minutes, then remove from your oven.

3. Cook the Vegetables

Heat 1 Tbsp olive oil in a large skillet over high heat. Add the **Poblano Peppers** and sauté until they are browned, about 5 to 7 minutes.

Turn the heat down to medium-high and add the **Corn & Beans**. Cook for 2 more minutes, until hot. Add salt and pepper and set aside.

4. Assemble the Casserole

Turn your oven down to 375 and lay 6 of the corn tortillas on the bottom of your casserole dish, breaking them into pieces if you need to make them fit. Top with half of the cooked vegetables and half of the **Creamy Tomatillo Salsa**.

Add 3 more tortillas (break these up a bit so they resemble large chips) and the rest of the vegetables and salsa. Break the remaining tortillas into dime-size pieces, sprinkle on top and finish with the **Pepper Jack Cheese**. Bake at 375 until the cheese begins to bubble, about 15 minutes. If you'd like a crispier topping, turn on your broiler for an additional 5 minutes or until the top is golden brown. Enjoy!

Love this recipe? #meezmagic

Not sure which casserole dish to use? See our note on the other side about choosing the perfect size pan.

Instructions for two servings.

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

All-American BBQ Chicken Burrito

There is nothing like the classic flavors of BBQ to make us think of summer. The sweet and tangy sauce is drizzled over tender free-range chicken strips and then baked. Add crunchy coleslaw and then wrap in a soft tortilla and you've got a classic dinner 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
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 any leftover chicken would be wonderful on pizza, over rice or in a sandwich.

Our free-range chickens thrive on an all-natural diet. They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

Good To Know

Health snapshot per serving – 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, cut straight down the middle of the breast lengthwise. Rotate the chicken 90 degrees and then slice horizontally across, so you end up with even strips of chicken (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 3 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.

5. Fill, Fold and Bake the Burrito

Fill the lower half of each **Tortilla** with barbecue chicken and top with the slaw. Now you're ready 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!

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

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.

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

Farmers Market Quinoa Cakes

Beatrix's Chef John Chiakulas shares a recipe just right for spring. With fresh asparagus, mushrooms and crispy quinoa cakes, all served up with fresh basil and goat cheese, it's a taste sensation you'll just love.

30 Minutes to the Table

30 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

- 2 Large Skillets
- Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- 2 Tbsp Flour

6 MEEZ CONTAINERS

- Cooked Quinoa
- Onions & Garlic
- Parmesan Cheese
- Asparagus
- Mushrooms
- Herbed Goat Cheese

Make The Meal Your Own

We think these quinoa cakes taste just as great cold as they do hot. Make them up to three days ahead for a quick lunch or fuss-free dinner.

Omnivore's Option – Baked sole or salmon is delicious with these. Cook it 12 to 15 minutes and then serve on top of the quinoa cakes. Top it all with the mushrooms and a drizzle of olive oil.

Good To Know

Health snapshot per serving – 455 Calories, 10g Fat, 25g Protein, 60g Carbs, 11 WW+ Points

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

INGREDIENTS: Cooked Red Quinoa, Asparagus, Oyster Mushrooms, Red Onion, Parmesan Cheese, Goat Cheese, Basil, Garlic

meezmeals

1. Cook the Onions

Heat 1 Tbsp of oil in a large skillet over medium-high heat. Add the **Onions & Garlic** and cook, stirring, until lightly browned, about 5 to 7 minutes. Pour off any excess oil.

2. Make the Quinoa Cakes

In a large mixing bowl, combine the **Cooked Quinoa**, cooked onions, **Parmesan Cheese**, 2 Tbsp of flour and a generous pinch of salt and pepper. Mix well until the ingredients come together.

Scoop the mixture in ½ cup portions (we like to use a ½ cup measuring scoop for this) and place on a plate. Gently smash the cakes down to form patties. Repeat until you've used up all of the quinoa mixture (you should get 5 to 6 cakes).

To prevent the quinoa mixture from sticking to your measuring scoop, spray it with oil first.

3. Cook the Quinoa Cakes

Heat 2 Tbsp of oil in your now-empty skillet over medium-high heat. Working in batches, transfer the quinoa cakes to the pan with a spatula and cook until browned and crispy on the bottom, about 3 to 5 minutes. Flip and cook until the other side is browned and crispy, another 3 to 5 minutes. Repeat with the remaining quinoa cakes, adding an additional ½ Tbsp of oil between batches.

4. Cook the Vegetables

While the quinoa cakes are cooking, heat 1 Tbsp of oil in a large skillet over high heat. Add the **Mushrooms** and cook until brown, about 5 to 7 minutes. Add the **Asparagus** to the pan, season with a generous pinch of salt and pepper, and cook until bright green, but still crisp, about 4 to 5 minutes.

5. Put It All Together

Serve the quinoa cakes topped with the sautéed mushrooms and asparagus. Crumble **Herbed Goat Cheese** on top and drizzle with olive oil to taste.

The drizzle of oil is optional, but we think it's the perfect finish.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by April 12

Single Serve Pesto & Potato Pizza

25 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Salt & Pepper
Olive Oil

4 MEEZ CONTAINERS

Sweet Potatoes
Pizza Dough
Basil Spinach
Pesto
Gouda Cheese

Make It Your Own

If you're a meat eater, this pizza is great topped with your favorite sausage or pepperoni.

Good to Know

Health Snapshot per serving (serves 1)

730 Calories, 30g Fat, 25g Protein, 19 WW+ Points

Lightened up snapshot (1/3 cheese, 1/2 pesto, 1/2 potatoes) 495 Calories, 20g Fat, 15g Protein, 13 WW+ Points

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

INGREDIENTS: Fingerling Potatoes, Whole Wheat Pizza Dough, Mozzarella, Spinach, Parmesan, Olive Oil, Basil, Lemon Juice, Garlic

meezmeals

1. Getting Started

Preheat your oven to 425.

2. Prep and Cook the Potatoes

Cut the **Sweet Potatoes** into small rounds – you should get about 8 to 10 rounds per potato. (If you have a mandoline, you can use it here.) Toss the potato rounds with 1 Tbsp of olive oil and salt and pepper. Spread the potatoes in a single layer on a baking sheet and roast for 5 to 7 minutes. Move the potatoes to one the side of the baking sheet.

3. Make the Pizza

While the potatoes are cooking, sprinkle your counter with a little flour and stretch the **Pizza Dough** into shape. The size and thickness are up to you, but we target about 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 the baking sheet. Top with ¾ of the **Basil Spinach Pesto** and the roasted potatoes. Spoon dollops of 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

Cook by April 19

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

Mediterranean Chopped Salad

10 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

5 MEEZ CONTAINERS

Bread Cubes

Lima Beans

Broccoli & Cabbage

Capers & Tomatoes

Balsamic Aioli

Put It All Together

Put the **Bread Cubes** into a mixing bowl with 2 Tbsp olive oil and a generous pinch of salt and pepper. Toss well, then toast in a toaster oven until crispy. Toss the toasted bread with the **Lima Beans**, **Veggies**, and half of the **Balsamic Aioli**. Add salt and pepper and more aioli to taste. Enjoy!

Good to Know

Health Snapshot per serving (serves 1)

325 Calories, 10g Protein, 15g Fat, 10g Fiber
8 WW+ Points

Have Questions?

We're standing by at 773.916.6333

INGREDIENTS: Broccoli, Lima Beans, Bread, Green Cabbage, Mayonnaise, Balsamic Vinegar, Brown Sugar, Sundried Tomatoes, Capers, Blue Cheese, Herbs

Prepare by April 19

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

Quick Tips

Tuscan Asparagus and Chive Oil with Wonton Crisps

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
---------------------------	---------------------------	------------------------------

Getting Started Preheat your oven to 375.

Omnivore Option Shrimp is a delicious choice.

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

Spaghetti with

Spinach Ricotta Bites

40 Min to Table	15 Min Hands On	2 Whisks Easy
---------------------------	---------------------------	-------------------------

Getting Started Preheat your oven to 375 and put water on to boil.

Omnivore Option We like this dish as is.

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

Himalayan Red Rice with Bangkok Basil Crunch

30 Min to Table	10 Min Hands On	1 Whisk Super Easy
---------------------------	---------------------------	------------------------------

Getting Started Preheat your oven to 425 and bring water to a boil.

Omnivore Option Chicken drumsticks are great in this.

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

Creamy Mushroom Cakes with Fennel Slaw

45 Min to Table	30 Min Hands On	2 Whisks Easy
---------------------------	---------------------------	-------------------------

Getting Started Preheat your oven to 450 and bring water to a boil.

Omnivore Option Add cooked sausage with the breadcrumbs.

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

Cheesy Tomatillo Casserole

30 Min to Table	15 Min Hands On	1 Whisk Super Easy
---------------------------	---------------------------	------------------------------

Getting Started Preheat your oven to 450.

Omnivore Option Chorizo is right at home in this dish.

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



773.916.MEEZ • www.meezmeals.com

BBQ Chicken Burrito

25 Min to Table	10 Min Hands On	1 Whisk Super Easy
---------------------------	---------------------------	------------------------------

Getting Started Preheat your oven to 400.

Leftovers Tip Keep leftovers separate so you can make different meals.

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

Farmers Market Quinoa Cakes

30 Min to Table	30 Min Hands On	2 Whisks Easy
---------------------------	---------------------------	-------------------------

Getting Started No pre-work needed!

Omnivore Option Baked sole or salmon is delicious with these.

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

Pesto Potato Pizza

25 Min to Table	5 Min Hands On	1 Whisk Super Easy
---------------------------	--------------------------	------------------------------

Getting Started Preheat your oven to 425.

Omnivore Option Top with your favorite sausage or pepperoni.

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

Have a question?

Give us a call. Really.

We love to talk food and share tips as you cook.

We're standing by every night at 773.916.MEEZ (6339).

Health Snapshot

Tuscan Asparagus	Himalayan Red Rice	Creamy Mushroom Cakes	Spinach Ricotta Bites	Cheesy Tomatillo Casserole
635 Calories	620 Calories	555 Calories	580 Calories	655 Calories
15 g Protein	20 g Protein	25 g Protein	30 g Protein	30 g Protein
30 g Fat	20 g Fat	25 g Fat	10 g Fat	20 g Fat
70 g Carbs.	110 g Carbs.	50 g Carbs.	95 g Carbs	90 g Carbs.
15 g Fiber	10 g Fiber	10 g Fiber	10 g Fiber	20 g Fiber
1,090 mg Sod.	1,400 Sodium	910 mg Sod.	1,035 mg Sodium	700 mg Sod.
16 WW+ Points	18 WW+ Points	18 WW+ Points	16 WW+ Points	17 WW+ Points
60% Vitamin C	300% Vitamin A	50% Calcium	60% Vitamin C	200% Vitamin C
35% Vitamin A	75% Calcium	40% Vitamin C	55% Vitamin A	50% Calcium
25% Calcium	25% Folate	35% Vitamin A	50% Calcium	40% Folate

Lighten Up Option

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

Asparagus	Rice	Mushroom Cakes	Spinach Bites	Casserole
No cheese and $\frac{3}{4}$ beans	No coconut, $\frac{3}{4}$ rice	$\frac{1}{2}$ sauce	No Parmesan	$\frac{1}{2}$ corn & beans, $\frac{3}{4}$ cheese
500 Calories	500 Calories	475 Calories	490 Calories	500 Calories
25 g Fat	15 g Fat	20 g Fat	10 g Fat	15 g Fat
13 WW+ Points	15 WW+ Points	16 WW+ Points	14 WW+ Points	12 WW+ Points

Health Snapshot

BBQ Chicken Burrito	Quinoa Cakes	Pesto & Potato Pizza	Chopped Salad
730 Calories	455 Calories	730 Calories	325 Calories
35 g Protein	25 g Protein	25 g Protein	10 g Protein
30 g Fat	10 g Fat	30 g Fat	15 g Fat
70 g Carbs.	60 g Carbs.	90 g Carbs.	40 g Carbs.
10 g Fiber	10 g Fiber	10 g Fiber	10 g Fiber
990 mg Sod.	380 mg Sodium	990 mg Sodium	575 mg Sod.
19 WW+ Points	11 WW+ Points	19 WW+ Points	8 WW+ Points
250% Vitamin C	30% Calcium	55% Vitamin C	85% Vitamin C
55% Vit. B-12	20% Vitamin C	50% Calcium	25% Folate
50% Vitamin A	20% Vitamin A	20% Vitamin A	10% Calcium

Lighten Up Option

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

Burrito	Quinoa Cakes	Pizza	Salad
No tortillas	No changes	1/3 cheese, 1/2 pesto, 1/2 potatoes	No changes
500 Calories	455 Calories	495 Calories	325 Calories
30 g Fat	10 g Fat	20 g Fat	15 g Fat
13 WW+ Points	11 WW+ Points	13 WW+ Points	8 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.