

# Vegetable Pot Pie

We love a classic pot pie. Start with a warm, creamy filling dotted with fresh vegetables and top it with a buttery, flaky pie crust, and you've got magic. This week's recipe is a delicious medley of sweet potatoes, green edamame, sweet corn and earthy mushrooms. Yum!

**45** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Skillet  
Casserole Dish or  
Loaf Pan

### FROM YOUR PANTRY

Olive Oil or Butter  
1 ½ Tbsp of Flour  
Salt & Pepper

### 6 MEEZ CONTAINERS

Onions & Garlic  
Sweet Potatoes  
Cream Sauce  
Mushrooms  
Edamame & Corn  
Pie Crust

## Make The Meal Your Own

**This is a great make-ahead dinner.** You can cook the filling up to a day ahead. When you're ready to eat, just top with the pie dough and bake.

**Picky eaters tip** – We love the earthiness of the mushrooms, but if you're eating with someone who doesn't love them, puree them in a food processor and add to the filling before you top with the crust and bake.

**Omnivore's Option** – Roasted chicken is a traditional addition. Stir sliced, cooked chicken in with the edamame and corn before the pot pie goes into the oven.

## Good To Know

**A note on pan sizes.** Chef Max prefers to bake his pot pie in a deep, narrow pan like a loaf pan, but he says a casserole dish or oven-safe saucepan will work well too.

**Health snapshot per serving** – 680 Calories, 15g Protein, 30g Fat, 85g Carbs, 18 WW+ Points

**Lightened up snapshot** – 400 Calories, 10 g Fat and 10 WW+ points replacing the pie dough with ½ cup of panko breadcrumbs sprinkled over the filling before baking.

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

INGREDIENTS: Sweet Potato, Mushrooms, Edamame, Onion, Corn, White Wine, Half and Half, Pie Crust, Garlic, Miso, Concentrated Vegetable Stock, Herbs and Spices

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### 1. Getting Organized

Preheat your oven to 400.

### 2. Make the Filling

Heat 2 Tbsp of oil or butter in a large skillet on high heat. Add the **Onions & Garlic** and cook until well browned, about 7 to 10 minutes. Add the **Sweet Potatoes** and cook for 4 minutes, stirring constantly. Add 1 ½ Tbsp of flour and cook for one minute while stirring and distributing the flour evenly around the pan.

*You'll want to use your biggest skillet or a large saucepan because all of the ingredients are cooked together.*

Add the **Cream Sauce** and stir, scraping the browned bits off the bottom of the pan, until thick, about one minute. Add the **Mushrooms** and 1 ½ cup water and bring the mixture to a boil. Reduce heat and simmer for 5 to 7 minutes. Add the **Edamame & Corn** and mix well. Season with salt and pepper to taste.

### 3. Bake the Pot Pie

Transfer the filling to a casserole dish or loaf pan (see note on pan sizes) and top with the **Pie Crust**. Bake until crust is golden brown and flaky, about 20 to 25 minutes. Let cool slightly before serving. Enjoy!

*We provide a thinner pie crust for the flakiness without all the calories.*

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by May 17**

# Cashew-Crusted Tofu with Thai Coconut Broth

Tofu goes center stage this week with a delicious cashew and panko crust. The meaty cashews and Japanese breadcrumbs create a nutty crisp crust for our tofu steak that we can't get enough of. What makes this dinner really magical, though, is the Thai coconut broth we're serving it in. Inspired by the classic Tom Kha, this dinner is unusual and ridiculously good.

**30** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Skillet  
Rimmed Baking Sheet  
Shallow Bowl

### FROM YOUR PANTRY

Olive Oil, Salt & Pepper  
Egg (optional)  
Sesame Oil (optional)

### 5 MEEZ CONTAINERS

Tofu Steaks  
Cashew Crust  
Cabbage  
Mushroom Medley  
Coconut Ginger Broth

## Make The Meal Your Own

**Picky eaters tip** – Add their favorite vegetable to the coconut ginger broth in place of the cabbage and mushrooms.

**Make ahead tip** – Make the soup ahead of time and cook the tofu when you're ready to eat.

## Good To Know

**If you're making the gluten-free version**, we've left the panko breadcrumbs out of your meal; the cashews still make a great crust on their own.

**If you're making the vegan version**, or if you don't have an egg in the house, skip the egg wash. Olive oil will work great too.

**Health snapshot per serving** – 650 Calories, 35 g Protein, 15 g Fiber, 20 WW+ Points

**Lightened up snapshot** – 495 Calories, 20 g Fat and 20 WW+ Points with  $\frac{3}{4}$  of the tofu and cashew crust.

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

INGREDIENTS: Coconut Milk, Organic Tofu, Cabbage, Mushrooms, Cashews, Lime Juice, Soy Sauce, Brown Sugar, Panko Breadcrumbs, Lemongrass, Basil, Garlic, Ginger

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### 1. Getting Organized

Preheat your oven to 375.

### 2. Bake the Tofu

Break an egg into a small bowl along with 1 Tbsp. sesame oil (or olive oil) and mix well, then brush the **Tofu Steaks** with the mix.

Put the **Cashew Crust** into a shallow bowl and add a pinch of salt and pepper. Put each piece of tofu into the bowl and pat the cashew crust so it covers all sides.

Put the tofu on to a rimmed baking sheet and pat the remaining cashew crust on the top and sides of the tofu. Bake until crispy, about 15 to 20 minutes.

### 3. Make the Broth

Once the tofu is cooking, heat 2 Tbsp. olive oil in a large skillet over medium-high heat. Add the **Cabbage** and cook until it's translucent, about 5 minutes. Add the **Mushroom Medley** and cook until they start to release liquid, another 5 to 7 minutes.

Add the **Coconut Ginger Broth** and bring to a low simmer until hot to the touch.

### 4. Put It All Together

To serve, put the tofu in bowls, and pour the broth over top. Enjoy!

*Love this recipe? #meezmagic*

*The cashew crust may not stick to the tofu steaks completely. That's OK.*

*We line our baking sheets with parchment paper to make clean up a breeze.*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by May 17**

# Quinoa with Asiago Roasted Vegetables

It doesn't get any easier, or more delicious, than this. Chef Max's Asiago vinaigrette adds a spark that makes roasted broccoli, peppers and tomatoes irresistible. We're tossing them with crunchy croutons, toasted quinoa and shaved Parmesan for ridiculously tasty dinner we just love.

**25** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Rimmed Baking  
Sheet(s)  
Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Broccoli & Tomatoes  
Peppers & Quinoa  
Cannellini Beans  
Bread Cubes  
Asiago Vinaigrette  
Parmesan Cheese

## Make The Meal Your Own

**Want to get a jump on dinner?** Cook the vegetables ahead and serve as a cold salad.

**Leftovers tip** – Members tell us they love this dish served cold with sliced chicken and raw spinach.

## Good To Know

**Health snapshot per serving** – 630 Calories, 35g Protein, 20g Fiber, 15 WW+ Points

**Lightened up snapshot** – 440 Calories, 5 g Fat and 11 WW+ Points when you leave out the Parmesan cheese and ½ of the bread cubes.

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

INGREDIENTS: Bell Peppers, Cannellini Beans, Broccoli, Quinoa, Bread, Asiago Cheese, Parmesan Cheese, White Wine Vinegar, Tomatoes, Green Onions, Olive Oil, Lemon, Miso, Garlic, Spices

*meez* meals

### 1. Getting Organized

Preheat your oven to 400.

### 2. Roast the Vegetables

Put the **Broccoli & Tomatoes, Peppers & Quinoa** and **Cannellini Beans** into a large mixing bowl and drizzle with olive oil, salt and pepper. Toss well, then arrange on a rimmed baking sheet (or two) in a single layer. Cook until the tomatoes burst, the peppers are lightly browned and the broccoli is a little crispy, about 15 to 20 minutes, then return to the large mixing bowl.

*We're cooking the quinoa right along with the vegetables. It's a hands-free trick that gives the quinoa a crunchy, nutty texture.*

### 3. Make the Croutons

While the vegetables are roasting, mix 2 Tbsp olive oil, 2 pinches of salt and 2 big pinches of pepper in a mixing bowl and add the **Bread Cubes**. Stir it all together, then transfer to a baking sheet and arrange in a single layer. Bake until lightly crunchy, about 7 to 10 minutes.

### 4. Put It All Together

Toss the cooked vegetables with half of the **Asiago Vinaigrette**. Serve topped with the croutons, **Parmesan Cheese** and more vinaigrette to taste. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by May 17**

# Pasta with Spinach Pesto

Haven't had spinach pesto before? Neither had we, but once we tried it we were hooked. It gives a layer of flavor to the classic basil pesto that we love, to say nothing of the extra vitamin boost. We're making our version with plenty of lemon to keep things bright and mixing it up with roasted cauliflower bits, toasted pecans and whole-wheat pasta. Yum!

**35** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Saucepan  
Rimmed Baking  
Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Cauliflower  
Whole Wheat Pasta  
Spinach Pesto  
Pecans  
Parmesan Cheese

## Make The Meal Your Own

**Picky eaters tip** – This dinner is a crowd pleaser. If you want to sneak the cauliflower in, though, you could puree it instead of leaving it whole.

**Omnivore's Option** – Pancetta and bacon are delicious with this dinner.

**Want to get a jump on dinner?** Roast the cauliflower ahead of time. When you're ready to eat, reheat it in the microwave until warm.

## Good To Know

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

**If you're making the vegan version**, we've left the Parmesan out of your meal. Just use an extra pinch of salt and pepper as you cook.

**Health snapshot per serving** – 645 Calories, 30g Protein, 20g Fiber, 12 WW+ Points

**Lightened up snapshot** – 500 Calories, 10 g Fat and 10 WW+ points with ½ pasta and no pecans.

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

INGREDIENTS: Cauliflower, Whole Wheat Pasta, Spinach, Pecans, Parmesan Cheese, Olive Oil, Lemon, Basil, Garlic, Spices

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### 1. Getting Organized

Preheat your oven to 450 and put a saucepan of water on to boil.

### 2. Roast the Cauliflower

Put the **Cauliflower** on to a rimmed baking sheet, drizzle with olive oil and sprinkle with salt and pepper. Toss well and arrange in a single layer. Bake until the cauliflower is golden brown in places, about 15 to 25 minutes; stir once or twice while it's cooking.

*We line our baking sheets with parchment paper to make clean up a breeze.*

### 3. Cook the Pasta

While the cauliflower is roasting, salt the pasta water generously, then add the **Whole Wheat Pasta** and cook until al dente, 7 to 9 minutes. Reserve 1 cup of pasta water and drain, then return to the pan.

*When we say "salt generously," we mean it. Chef Max says it should taste like salt water.*

### 4. Put It All Together

Add the **Spinach Pesto** along with 1 to 2 Tbsp of olive oil to the cooked pasta. Mix well, then add some of the reserved pasta water if you'd like the sauce looser.

*Don't skip the olive oil! It brings out the flavors of the pasta.*

Mix in the roasted cauliflower and **Pecans**. Season with salt and pepper to taste. Top with the **Parmesan Cheese** and serve.

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by May 17**



# Salmon with Lemon & Asparagus

Lemon brings out the best in salmon. Particularly when it's part of a white wine and caper sauce. Together, they add a brightness and sophistication that can't be beat. Add fresh asparagus, and you have a recipe the family will love.

**25** Minutes to the Table

**25** Minutes Hands On

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Mixing Bowl  
Shallow Pie Pan or Plate  
Large Skillet

### FROM YOUR PANTRY

½ Cup Flour  
1 ½ Tbsp Butter  
Olive Oil  
Salt & Pepper

### 4 MEEZ CONTAINERS

Asparagus & Fennel  
Salmon  
Capers & Sunflower  
Seeds  
White Wine Lemon  
Sauce

## Make The Meal Your Own

**Speed Trick** – Use 2 skillets and cook the asparagus and salmon at the same time.

**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.

**Not sure about fennel?** Forget its reputation for having a strong licorice flavor. Once it's sautéed with asparagus and paired with our lemon sauce, it mellows out and adds a great texture and depth of flavor that we just love.

**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** – 500 Calories, 30g Fat, 40g Protein, 15g Carbs, 12 WW+ Points

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

INGREDIENTS: Wild-Caught Salmon, Asparagus, White Wine, Fennel, Capers, Sunflower Seeds, Lemon Juice, Brown Sugar, Garlic, Lemon Zest, Miso, Concentrated Vegetable Stock, Herbs

*meez* meals

### 1. Cook the Asparagus

Heat 1 Tbsp oil in a large skillet over medium-high heat. Add the **Asparagus & Fennel** and cook until the asparagus is bright green and the fennel is just starting to brown, about 5 to 7 minutes. Remove to a bowl or serving dish. Wipe out the skillet and return to the stove.

### 2. Cook the Salmon

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. Repeat this process with remaining salmon pieces.

Heat 2 Tbsp of oil in a large skillet on high heat. Add the salmon and cook 4 minutes. Flip and cook an additional 2 minutes. Remove the salmon fillets to the bowl or serving dish with the asparagus and fennel. Pour out any excess oil from the pan.

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

### 3. Make The Lemon Caper Sauce

Return the now-empty skillet to the stove over medium-high heat. Add the **Capers & Sunflower Seeds** and cook, stirring, until the seeds start to brown and the capers begin to pop, 2 to 5 minutes. Pour the **White Wine Lemon Sauce** into the pan and simmer until the liquid has reduced by half, about 5 to 7 minutes.

*It's OK if your skillet still has a little flour from the salmon - it will help thicken the sauce.*

Remove the skillet from the heat and stir 1½ Tbsp butter into the sauce. Pour the lemon caper sauce over the salmon and asparagus to serve. Enjoy!

*Finishing with butter gives the sauce its body. Resist the urge to skip on it.*

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by May 14**

# Beef Bourguignon with Spinach & Mushrooms

**55** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

When it comes to classic cooking, beef bourguignon always tops the list of family favorites. Slow cooked beef, a rich red wine sauce and plenty of vegetables... what's not to love? Best of all, it's practically hands free and can be cooked in advance, so it'll be ready to eat whenever you are.

## Getting Organized

### EQUIPMENT

Large Oven-Safe  
Saucepan  
or Dutch Oven

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Sirloin  
Onions & Garlic  
Mushrooms  
Red Wine  
Spinach  
Sourdough Bread

## Make The Meal Your Own

**This is a great make-ahead dinner.** Cook this dish up to 2 days in advance without the spinach and toast. When you're ready to eat, toast the bread and add ½ cup of water to the saucepan (or Dutch oven). Heat in a 350-degree oven until hot throughout, 10 to 15 minutes, adding the spinach into the pan for the last 5 minutes of cooking.

**Leftovers Tip** – The leftover sirloin and mushrooms are perfect over a bowl of egg noodles or brown rice.

**Our beef comes from a local farm in Aurora, IL.** Their cows are grass-fed throughout life and are free of any antibiotics or pesticides.

## 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** – 610 Calories, 50g Protein, 15g Fat, 45g Carbs, 12 WW+ Points

**Lightened up snapshot** – 435 Calories, 10g Fat and 8 WW+ points if you skip the bread.

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

INGREDIENTS: Red Wine, Grass-Fed Beef Sirloin, Mushrooms, Spinach, Sourdough Bread, Red Onion, Garlic, Tomato Paste, Concentrated Vegetable Stock, Miso, Cornstarch, Herbs

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## 1. Get Organized

Preheat your oven to 375 degrees.

## 1. Cook the Sirloin

Heat 1 Tbsp of oil in a large, oven-safe saucepan or Dutch oven over high heat.

While the oil is heating, season the **Sirloin** generously with salt and pepper (we recommend ½ tsp of each). Add the sirloin to the pan and cook, without stirring, until the bottom is browned, about 3 to 4 minutes. Flip the meat and cook until browned on all sides, about 2 to 3 more minutes. Using a slotted spoon, remove the sirloin to a bowl or plate, leaving the drippings behind.

## 2. Cook the Mushrooms

Reduce the heat to medium-high, add the **Onions & Garlic** to the pan and cook until translucent and starting to brown on the edges, about 3 to 5 minutes. Add the **Mushrooms** and cook until they start to brown, about 3 to 5 minutes.

## 3. Braise the Beef

Add the beef back to the pan with ½ cup of water and the **Red Wine**. Using a rubber spatula, scrape the bottom of the pan to release any of the browned bits and stir well. Cover the pan and place in the oven. Cook for 10 minutes. Remove the lid and continue cooking until about half of the liquid has reduced, about 20 minutes.

*Chef Max uses a rubber spatula because he says it's the easiest way to get all of the flavor from the bottom of the pan.*

## 4. Finish the Dish

Stir the **Spinach** into the pan and return to the oven until just wilted, about 5 minutes.

While the spinach is cooking, place the bread slices directly on to the oven rack and toast until crisp, about 3 to 4 minutes.

*Haven't had beef bourguignon over toast before? Chef Max loves the extra body it adds to the recipe.*

Stir the spinach to fully incorporate. Season with salt and pepper to taste and then serve over the toasted bread.

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by May 15**

# Brazilian Chimichurri Salad

**5** Minutes to the Table

**5** Minutes Hands On

## Getting Organized

### EQUIPMENT

Mixing Bowl

### FROM YOUR PANTRY

Salt & Pepper

### 4 MEEZ CONTAINERS

Veggies

Corn & Black Beans

Chimichurri Dressing

Queso Fresco

## Put It All Together

Toss the **Veggies** and **Corn & Black Beans** in a mixing bowl with half of the **Chimichurri Dressing**. Top with **Queso Fresco** and season with salt and pepper and more dressing to taste. Enjoy!

## Good to Know

### **Health Snapshot per serving**

850 Calories, 60g Fat, 55g Carbs, 30g Protein, 23 WW+ Points

### **Have Questions?**

We're standing by at 773.916.6333

INGREDIENTS: Celery Root, Jicama, Black Beans, Corn, Queso Fresco, Olive Oil, Red Wine Vinegar, Red Onion, Lime, Parsley, Cilantro, Garlic, Spices

Prepare by May 17

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

# Thai Coconut Kale

5 Minutes to the Table

5 Minutes Hands On

## Getting Organized

### EQUIPMENT

Skillet

### FROM YOUR PANTRY

Salt & Pepper

### 3 MEEZ CONTAINERS

Kale

Coconut

Sweet Chili Sauce

## Put It All Together

Heat 1 Tbsp olive oil in a large skillet over high heat. Cook the **Kale** until lightly browned, about 2 minutes, then add the **Coconut** and cook until it starts to brown, about 3 more minutes. Add the **Sweet Chili Sauce** and cook for one minute, then serve.

## Good to Know

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

240 Calories, 5g Protein, 5g Fat, 10g Fiber  
9 WW+ Points

### **Have Questions?**

We're standing by at 773.916.6333

INGREDIENTS: Kale, Sweet Chili Sauce, Coconut

Prepare by May 17

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

# Pesto Grilled Cheese

**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

Butternut Squash

Whole Wheat

Baguette

Basil Pesto

Mozzarella

## Good to Know

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

685 Calories, 35g Fat, 55g Carbs, 40g Protein

18 WW+ Points

### **Lightened up snapshot (½ baguette, ½ cheese)**

455 Calories, 25g Fat, 35g Carbs, 25g Protein

12 WW+ Points

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

INGREDIENTS: Whole Wheat Baguette, Butternut Squash, Mozzarella, Basil, Olive Oil, Parmesan, Lemon Juice, Garlic

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### 1. Getting Organized

Preheat your oven to 400.

### 2. Roast the Squash and Toast the Bread

Toss the **Butternut Squash** with 1 Tbsp of oil and spread in a single layer on a baking sheet. Roast until soft, 7 to 10 minutes.

While the squash is roasting, slice the **Whole Wheat Baguette** in half horizontally and toast directly on your oven rack cut-side down until warm and lightly toasted, about 90 seconds.

### 3. Make the Sandwich

Spread the **Basil Pesto** on one side of the baguette and then top with half of the **Mozzarella** and all of the roasted squash. Sprinkle the remaining mozzarella on top. Place the sandwich on the baking sheet and gently press down to close.

Bake until the cheese is melted, 8 to 10 minutes. Remove from the oven and, using a spatula, press down on the sandwich to flatten. Enjoy!

*Love this recipe? #meezmagic*

Prepare by May 17

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



# Chevre Side Salad

5 Minutes to the Table

5 Minutes Hands On

## Getting Organized

### EQUIPMENT

Mixing Bowl

### FROM YOUR PANTRY

Salt & Pepper

### 4 MEEZ CONTAINERS

Carrots & Kohlrabi

Goat Cheese

Vinaigrette

Sesame Croutons

## Put It All Together

Put the **Carrots & Kohlrabi** into a large mixing bowl and toss with half of the **Goat Cheese Vinaigrette**. Add salt and pepper and more vinaigrette to taste. Top with the **Sesame Croutons**. Enjoy!

## Good to Know

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

275 Calories, 10g Protein, 10g Fat, 10g Fiber  
16 WW+ Points

### **Have Questions?**

We're standing by at 773.916.6333

INGREDIENTS: Carrots, Kohlrabi, Goat Cheese, Olive Oil, Sesame Sticks, Champagne Vinegar, Brown Sugar, Basil, Spices

Prepare by May 17

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

## Quick Tips

### Vegetable Pot Pie

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<b>45 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** Roasted chicken is a traditional addition.

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

### Cashew Crusted Tofu with Thai Coconut Broth

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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 375.

**Omnivore Option** We like this dish as is.

**From Your Pantry** You'll need olive oil, salt and pepper; egg and sesame oil are optional.

### Quinoa with Asiago Roasted Vegetables

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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 your oven to 400.

**Omnivore Option** We love this dish as is.

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

### Pasta with Spinach Pesto

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<b>35 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 450 & put a pot of water on to boil.

**Omnivore Option** Pancetta and bacon are delicious with this dinner.

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

### Salmon with Lemon and Asparagus

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<b>25 Min</b> to Table	<b>25 Min</b> Hands On	<b>2 Whisks</b> Easy
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**Getting Started** No pre-work needed.

**Speed Tip** Cook the asparagus and salmon at the same time.

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



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## *Beef Bourguignon with Spinach and Mushrooms*

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<b>55 Min</b> <i>to Table</i>	<b>15 Min</b> <i>Hands On</i>	<b>1 Whisk</b> <i>Super Easy</i>
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**Getting Started** Preheat oven to 375.

**Leftovers Tip** Leftovers taste great over egg noodles or brown rice.

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

## *Pesto Grilled Cheese*

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

**Meal Tip** Want a lighter version? Use ½ the bread and make an open-faced sandwich.

**From Your Pantry** You'll need some vegetable oil.

# Have you tried our new serving sizes?

Choose your meals sized just right for 2, 3, 4, or 8 people. Whether you're serving the family, want extras for lunch, or having some friends over for dinner, we've got you covered.

## Health Snapshot

<b>Vegetable Pot Pie</b>	<b>Cashew Tofu</b>	<b>Quinoa with Vegetables</b>	<b>Pasta with Spinach Pesto</b>	<b>Salmon with Lemon Caper</b>
680 Calories	650 Calories	585 Calories	645 Calories	500 Calories
15 g Protein	35 g Protein	30 g Protein	30 g Protein	40 g Protein
30 g Fat	35 g Fat	25 g Fat	30 g Fat	30 g Fat
85 g Carbs	80 g Carbs.	60 g Carbs.	80 g Carbs.	15 g Carbs.
10 g Fiber	15 g Fiber	10 g Fiber	20 g Fiber	5 g Fiber
825 mg Sodium	960 mg Sodium	1,300 mg Sodium	1,000 mg Sod.	460 mg Sodium
18 WW+ Points	20 WW+ Points	15 WW+ Points	12 WW+ Points	12 WW+ Points
460% Vitamin A	120% Calcium	260% Vitamin C	180% Vitamin C	95% Vitamin B6
60% Vitamin C	90% Vitamin C	50% Calcium	95% Folate	90% Vitamin B12
25% Vitamin B6	40% Iron	30% Vitamin A	85% Vitamin A	50% Vitamin E

### Lighten Up Option

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

<b>Pot Pie</b>	<b>Tofu</b>	<b>Quinoa</b>	<b>Pasta</b>	<b>Salmon</b>
<i>Replace pie crust with panko</i>	<i>¾ tofu and cashew crust</i>	<i>No Parmesan</i>	<i>No pecans, ½ pasta</i>	<i>No changes</i>
400 Calories	430 Calories	460 Calories	315 Calories	500 Calories
10 g Fat	20 g Fat	20 g Fat	10 g Fat	30 g Fat
10 WW+ Points	17 WW+ Points	12 WW+ Points	10 WW+ Points	12 WW+ Points

## *Health Snapshot*

<b>Beef Bourguignon</b>	<b>Brazilian Salad</b>	<b>Thai Coconut Kale</b>	<b>Basil Pesto Grilled Cheese</b>	<b>Chevre Salad</b>
610 Calories	850 Calories	240 Calories	685 Calories	275 Calories
50 g Protein	30 g Protein	5 Protein	40 g Protein	10 g Protein
15 g Fat	60 g Fat	5 g Fat	35 g Fat	10 g Fat
45 g Carbs.	55 g Carbs.	40 g Carbs.	55 g Carbs.	45 g Carbs.
5 g Fiber	15 g Fiber	10 g Fiber	10 g Fiber	10 g Fiber
680 mg Sodium	790 mg Sodium	50 mg Sod.	1,280 mg Sodium	215 mg Sod.
12 WW+ Points	23 WW+ Points	9 WW+ Points	18 WW+ Points	16 WW+ Points
65% Vitamin B12	55% Vitamin C	540% Vitamin A	170% Vitamin A	275% Vitamin A
45% Vitamin B6	55% Calcium	140% Vitamin c	110% Calcium	40% Vitamin C
30% Vitamin A	25% Vitamin E	20% Calcium	35% Vitamin C	15% Calcium

### *Lighten Up Option*

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

<b>Beef</b>	<b>Salad</b>	<b>Thai Kale</b>	<b>Grilled Cheese</b>	<b>Salad</b>
No sourdough	<i>No changes</i>	<i>No changes</i>	<i>½ baguette, ½ cheese</i>	<i>No changes</i>
435 Calories	850 Calories	240 Calories	455 Calories	275 Calories
10 g Fat	60 g Fat	5 g Fat	25 g Fat	10 g Fat
8 WW+ Points	23 WW+ Points	9 WW+ Points	12 WW+ Points	16 WW+ Points