

# Thai Peanut Kabobs

Nothing says summer grilling like a kabob. They're fun to put together and cook up in a heartbeat. But a kabob is, well, just a kabob, right? No! When you top it with a Thai peanut sauce and serve it with a spicy cucumber salad, it's suddenly a cross between a Thai Satay and an All-American kabob that we can't resist. (Don't want to grill? This dinner is just as tasty in the oven.)

**25** *Minutes to the Table*

**10** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

- Grill or Rimmed Baking Sheet
- 3 Bowls

### FROM YOUR PANTRY

- Oil
- Salt & Pepper

### 6 MEEZ CONTAINERS

- Kabob Sticks
- Cucumber
- Spicy Vinegar
- Baked Tofu
- Squash
- Peanut Sauce

## Make The Meal Your Own

**Kids Tip** – Kids are great kabob makers. Let them arrange the food however they'd like. All tofu on one stick and all zucchini on another? No problem! It'll all taste great in the end.

**Omnivore's Option** – Pork loin is a great addition to these kabobs. Cube it and create a separate kabob or two with just the pork, since the cook time may vary from the tofu. Grill it until the internal temperature reaches 155 degrees, about 12 to 15 minutes, turning halfway through and basting with the peanut sauce during the last few minutes.

## Good To Know

**Don't think you can grill inside?** Think again. Your broiler is a grill; it just has the heat above, rather than below, the food.

**Health snapshot per serving** – 480 Calories, 20g Protein, 5 g Fiber, 14 WW+ Points

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

INGREDIENTS: Squash, Baked Tofu, Cucumber, Peanut Butter, Rice Wine Vinegar, Soy Sauce, Brown Sugar, Ginger, Garlic, Spices

meez *meals*

### 1. Get Organized

Heat your grill and soak your **Kabob Sticks** in a bowl of water as soon as you think about dinner. (Or preheat your broiler if you're cooking indoors.)

### 2. Make the Cucumber Salad

Drain the liquid from the **Cucumber** package. Combine the cucumber and **Spicy Vinegar** together in a bowl and put into the refrigerator to pickle. (You can do this up to an hour before you eat.)

### 3. Make the Kabobs

Put the **Baked Tofu** and **Squash** into a mixing bowl with 2 Tbsp oil. You can assemble the kabobs in any pattern you like, and then sprinkle with salt and pepper. Put the kabobs on the grill or under the broiler, and cook until the squash edges are dark brown and crispy on one side, about 7 to 10 minutes.

Flip the kabobs. While the kabobs are cooking, add 2 Tbsp hot water to the **Peanut Sauce** and stir. Once the second side of the kabobs starts to brown, about 3 to 5 minutes, brush them with the peanut sauce and continue cooking until well browned and crispy, another 3 to 5 minutes.

### 4. Put It All Together

Serve the kabobs topped with the remaining peanut sauce and the chilled cucumbers on the side. Enjoy!

*Feel free to use your favorite oil: Canola, Vegetable, Safflower, or Sunflower are Chef Max's top choices.*

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by May 24**

# Rotini Estate with Basil Oil

**25** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

We're whipping up our version of an Italian summertime ("estate") favorite. Fresh basil oil and pecorino cheese transform sautéed broccoli, mild butter beans and ripe cherry tomatoes into a magical dinner that couldn't be easier. It's great hot or cold, and it's on the table in less than 15 minutes. That's our kind of summertime meal!

## Getting Organized

### EQUIPMENT

Large Skillet  
Saucepan

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Whole Wheat Rotini  
Tomatoes and  
Broccoli  
Butter Beans  
Basil Oil  
Pecorino Cheese

## Make The Meal Your Own

**Make Ahead Tip** – This dish makes a great cold pasta salad. You can cook and assemble it up to 2 days in advance, adding the pecorino cheese and olive oil drizzle just before serving.

**Omnivore's Option** – This dish is great with roast chicken. Cook it in advance and add it at the end with the basil oil.

**Chef's Tip** – Make a rustic version of this dish with roasted garlic. Just wrap some bulbs of garlic in foil and bake until soft, about 25 to 30 minutes, then mash into the basil oil.

## Good To Know

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

**If you're making the vegan version**, we've left out the Pecorino cheese. Add an extra splash of olive oil and pinch of salt, and it'll taste great.

**Health snapshot per serving** – 815 Calories, 25g Protein, 30g Fat, 115g Carbs, 21 WW+ Points

**Lightened up snapshot** – 540 Calories, 15g Fat and 17 WW+ Points when you use a little less pasta and half of the basil oil.

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

INGREDIENTS: Tomatoes, Broccoli, Butter Beans, Whole Wheat Rotini, Pecorino Cheese, Olive Oil, Basil

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### 1. Getting Organized

Put a saucepan of water on to boil.

### 2. Cook the Rotini

Salt the boiling pasta water and add the **Whole Wheat Rotini**. Cook until al dente, about 8 to 10 minutes, then drain and set aside.

### 3. Sauté the Vegetables

While the pasta is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Tomatoes and Broccoli** and cook until the broccoli is bright green and the tomatoes start to pop, about 5 to 7 minutes.

*We want the tomatoes to stay whole, so don't mash them. Just stir gently so they get a little caramelized on each side.*

Add the **Butter Beans** and cook until they're warm and just starting to crisp, about 3 minutes. If you like your broccoli firm, you're now ready to eat. If you like it softer, cook it until it's as tender as you'd like.

### 4. Put It All Together

Add the cooked pasta to the veggies and drizzle with the **Basil Oil**. Toss well and season with salt and pepper to taste. Serve topped with the **Pecorino Cheese** and, if you'd like, an extra drizzle of olive oil. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by May 24**

# Brazilian Farro with Roasted Pineapple

Inspired by our favorite South American flavors. We're tossing farro with delicious cilantro vinaigrette, then mixing in roasted pineapple, sweet potatoes and seasoned sunflower seeds. It's a bowl of deliciousness that will get you planning a trip to Rio.

**30** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

- 2 Rimmed Baking Sheets
- Mixing Bowl
- Saucepan

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 5 MEEZ CONTAINERS

- Farro
- Sweet Potatoes
- Pineapple
- Seasoned Sunflower Seeds
- Cilantro Vinaigrette

## Make The Meal Your Own

**Picky eaters tip** – Serve their portion with olive oil instead of the vinaigrette.

**Omnivore's Option** – Ground turkey is delicious in this dish. Crumble it on the baking sheet with the sweet potatoes and bake both together.

**Make Ahead Tip** – This dish is just as great cold as it is warm. Cook all of the ingredients up to 2 days in advance and assemble everything (step 6) just before serving.

## Good To Know

**If you're making the gluten-free version**, we've given you brown rice instead of farro. Cook the brown rice in boiling water for about 20 minutes, drain and let sit, covered, for 5 minutes.

**Health snapshot per serving** – 640 Calories, 15g Protein, 40g Fat, 65g Carbs, 18 WW+ Points

**Lightened up snapshot** – 590 Calories, 25 g Fat and 16 WW+ Points with just a handful of the seeds.

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

INGREDIENTS: Sweet Potatoes, Farro, Pineapple, Sunflower Seeds, Olive Oil, Lemon, Apple Cider Vinegar, Cilantro, Brown Sugar, Garlic, Spices

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## 1. Getting Organized

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

## 2. Cook the Farro

Salt the boiling water and add the **Farro**. Cook until al dente, about 25 to 30 minutes. Drain, and then return to the pot until you're ready to eat.

## 3. Roast the Sweet Potatoes

Put the **Sweet Potatoes** on a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss well, then arrange in a single layer. Bake until golden brown, about 20 to 25 minutes, stirring once halfway through.

## 4. Roast the Pineapple

While the sweet potatoes are cooking, put the **Pineapple** on to a rimmed baking sheet. Drizzle with 1 tsp of olive oil and bake until golden brown, about 12 to 15 minutes.

*There's no need to stir the pineapple while it's cooking.*

## 5. Toast the Sunflower Seeds

Put the **Seasoned Sunflower Seeds** into a mixing bowl and add 1 tsp of water and ½ tsp olive oil. Mix well, then drain any excess liquid. Add the seeds to one of your baking sheets if there is room (if not, use a clean baking sheet). Bake until they start to blacken in places, about 7 to 10 minutes, stirring once halfway through.

*Use a large mixing bowl for this so you can use it when you toss the entire meal in Step #6.*

## 6. Put It All Together

Combine the farro and sweet potatoes in a large mixing bowl with the **Cilantro Vinaigrette**. Mix well, then serve topped with the seeds and pineapple.

*Love this recipe?  
#meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by May 24**

# Southwestern Salmon with Crisp Corn Salsa

Get ready for a flavor! Sweet wild caught salmon is seasoned with zesty spices then topped with a crunchy corn and tomato salsa. Healthy, fast and deliciously delicious.

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Shallow Pie Pan or Plate  
Large Skillet

### FROM YOUR PANTRY

2 Tbsp Flour  
Olive Oil  
Salt & Pepper

### 4 MEEZ CONTAINERS

Cauliflower  
Southwest Seasoning  
Salmon  
Corn & Tomato Salsa

## Make The Meal Your Own

**We love using cauliflower as the “rice” in this dish**, but if you want to bulk it up, toss the cauliflower with your favorite grain (we like quinoa) and serve it with the salmon and salsa on top.

**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 on each 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 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, 25g Carbs, 13 WW+ Points

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

INGREDIENTS: Wild-Caught Salmon, Cauliflower, Corn, Grape Tomatoes, Olive Oil, Cilantro, Lime Juice, Apple Cider Vinegar, Spices

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### 1. Cook the Cauliflower

Heat 1 Tbsp oil in a large skillet over medium-high heat. Add the **Cauliflower** and cook until well browned, 7 to 10 minutes. Remove to a bowl or serving dish and return the skillet to the stove.

### 2. Season and Cook the Salmon

Combine the **Southwest Seasoning** with 2 Tbsp of flour on a plate or in a shallow pie pan. Pat the **Salmon** fillets dry with a paper towel and then coat each one with the seasoning mixture, making sure each fillet is completely covered.

Heat 2 Tbsp of oil in your now-empty 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.

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

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

### 3. Put It All Together

Serve the cauliflower topped with salmon and **Corn & Tomato Salsa**. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by May 21**



# Chicken Marsala with Penne Pasta

Looking for healthy comfort food? Look no further. We're cooking up free-range chicken in a classic Italian Marsala sauce, then tossing it with sautéed broccoli and whole grain penne. Topped with shaved Parmesan, it's a family-friendly dinner that's on the table in a flash.

**25** Minutes to the Table

**25** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Saucepan  
Large Skillet

### FROM YOUR PANTRY

1 ½ Tbsp Flour  
1 Cup Milk or  
Half & Half  
Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Chicken Breast  
Red Bell Pepper  
Broccoli  
Marsala Sauce  
Whole Wheat Pasta  
Parmesan Cheese

## Make The Meal Your Own

**Want to get dinner on the table faster?** Use a second skillet to cook the broccoli and peppers while the pasta and chicken are cooking and you'll drop 10 minutes off of the total cook time.

**Leftovers Tip** – The saucy chicken and vegetables make a great sandwich. Pile any extras on to your favorite crusty bread, top with extra Parmesan and heat in a toaster or conventional oven for a gooey, next-day delight.

**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

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

**Health snapshot per serving** –775 Calories, 60g Protein, 15g Fat, 80g Carbs, 17 WW+ Points

**Lightened up snapshot** – 470 Calories, 10g Fat and 10 WW+ points with no pasta and half the cheese for a low-carb option.

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

INGREDIENTS: Free-Range Chicken, Broccoli, Whole Wheat Pasta, Red Bell Pepper, Onion, Parmesan Cheese, Brown Sugar, Garlic, Herbs

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### 1. Get Organized

Put a large saucepan of water on to boil.

### 2. Prep the Chicken

Rinse the **Chicken Breast** under cold water and pat dry with a towel. Place the chicken on a cutting board. Using a sharp knife, cut the chicken breast lengthwise into long strips, about ¼" to ½" wide. Rotate the chicken breast 90 degrees and then cut across to create small, even cubes of chicken.

Once the chicken is cut, generously sprinkle with salt and pepper (we use 1/8 tsp salt and 1/8 tsp pepper, so use about half per side, or more if you like).

### 3. Cook the Pasta

Add the **Whole Wheat Pasta** to the boiling water and cook until al dente, 8 to 10 minutes. Drain pasta and remove to a serving bowl or plate. Return the empty saucepan to the stove.

### 4. Cook the Chicken

While the pasta is cooking, heat 2 Tbsp oil in a large skillet over high heat. When the oil is hot, add the chicken to the pan and cook, stirring occasionally, until well browned on all sides (the chicken may not be fully cooked through at this point), about 6 to 8 minutes. Add 1 ½ Tbsp of flour and cook, stirring, until the flour coats the chicken and starts to brown, about 1 minute. Add the **Marsala Sauce** and 1 cup of milk or half & half. Bring the mixture to a boil and then reduce to a simmer and cook until the sauce thickens, about 5 to 7 minutes.

### 5. Sauté the Vegetables

While the sauce is simmering, heat 1 Tbsp of oil in the now-empty saucepan over medium-high heat. Add the **Red Bell Pepper** and cook 2 minutes, stirring constantly. Add the **Broccoli** and continue cooking until the broccoli is bright green and the vegetables are hot, about 5 minutes.

*The sauce should be thick enough to coat the back of a spoon.*

Serve the pasta topped with sautéed vegetables and chicken. Spoon any extra sauce over the top and garnish with the **Parmesan**.

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by May 22**

# Buttermilk Broccoli Salad

**5** Minutes to the Table

**5** Minutes Hands On

## Getting Organized

### EQUIPMENT

Mixing Bowl

### FROM YOUR PANTRY

Salt & Pepper

### 5 MEEZ CONTAINERS

Broccoli

Toasted Almonds

Cranberries

Red Onion

Buttermilk Dressing

## Put It All Together

Toss the **Broccoli, Toasted Almonds, Cranberries** and **Red Onion** together in a mixing bowl with half of the **Buttermilk Dressing**. Mix well, then add salt and pepper, plus more dressing to taste. Enjoy!

## Good to Know

### **Health Snapshot per serving**

335 Calories, 20g Fat, 30g Carbs, 5g Protein  
9 WW+ Points

### **Have Questions?**

We're standing by at 773.916.6333

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

Prepare by May 24

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

# Double Green Caesar Salad

**15** *Minutes to the Table*

**10** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Mixing Bowl  
Baking Sheet  
Large Skillet

### FROM YOUR PANTRY

2 Eggs (optional)  
Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Bread Cubes  
Chickpeas  
Kale & Spinach  
Radish  
Caesar Dressing

## Good to Know

**Hard-boiling made easy** – Place eggs in a small saucepan and cover with cold water. Bring water to a boil, and then remove from heat and cover. Let stand 12 minutes and then drain and cold rinse the eggs. Refrigerate until ready to use.

**You could serve this salad** topped with chicken, salmon or shrimp in place of the eggs if you prefer.

**Health Snapshot per serving (serves 1, including eggs)** 960 Calories, 50g Fat, 90g Carbs, 40g Protein, 25 WW+ Points

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

INGREDIENTS: Kale, Spinach, Chickpeas, Sourdough Bread, Olive Oil, Radish, Parmesan, White Wine Vinegar, Lemon, Miso, Black Pepper

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### 1. **Getting Started**

Preheat your oven to 400 and hard-boil your eggs, if using.

### 2. **Make the Croutons**

Toss the **Bread Cubes** with 2 Tbsp of olive oil and a generous pinch of salt and pepper. Mix thoroughly until coated.

Spread bread cubes in a single layer on a baking sheet and bake until golden brown, about 7 to 10 minutes.

### 3. **Cook the Greens**

Heat a large skillet over medium-high heat with 1 Tbsp of oil. When the oil is hot, add the **Chickpeas** and cook for 3 to 4 minutes. Mix in the **Kale & Spinach** and cook until partially wilted. Transfer the greens and chickpeas to a bowl and refrigerate for 5 minutes (or longer).

### 4. **Put It All Together**

When ready to serve, peel and slice your hard-boiled eggs. Toss greens with **Radish**, eggs, croutons, **Caesar Dressing** and salt and pepper to taste. Enjoy!

Cook by May 24

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

# 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  
Toasted 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, Scallion, Brown Sugar, Garlic, Herbs and Spices

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### 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 return carrots to the oven for an additional 5 minutes.

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

Season with salt and pepper and more dressing to taste and serve topped with **Toasted Pecans**.

*Love this recipe? #meezmagic*

Cook by May 24

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

# Fresh Guacamole & Homemade Chips

**10** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Mixing Bowl  
Baking Sheet

### FROM YOUR PANTRY

Salt & Pepper  
Olive Oil

### 3 MEEZ CONTAINERS

Avocado  
Tortillas  
Fresh Salsa

## Make This Meal Your Own

**If you want to use less oil**, cooking spray is a great alternative. Give the tortilla chips a light coating before they go into the oven.

## Good to Know

**If you want your avocado to ripen faster**, put it into a paper bag.

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

315 Calories, 30g Carbs, 5g Protein, 9 WW+ Points

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

INGREDIENTS: Corn Tortillas, Avocado, Tomatoes, Onion, Lime Juice, Cilantro, Olive Oil, Spices

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### 1. **Getting Started**

Preheat your oven to 400.

### 2. **Make the Chips**

Stack the **Tortillas** and cut them into wedges (we cut ours so we have 8 chips from each tortilla). Brush or spray the tortilla wedges with oil, sprinkle generously with salt and bake until crispy, 7 to 10 minutes.

### 3. **Make the Guacamole**

While the chips are baking, mash the **Avocado** in a bowl. Stir in  $\frac{3}{4}$  of the **Fresh Salsa**. Season with salt and pepper to taste and top with the remaining salsa.

Serve the guacamole with the warm tortilla chips. Enjoy!

*Love this recipe? #meezmagic*

Cook by May 24

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

# Italian 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

Cauliflower

Tortillas

Chickpea Spread

Chihuahua

Cheese

## Good to Know

**We love the way this recipe sneaks cauliflower** into a snack, but you can skip it and enjoy the quesadilla with just the chickpea spread, instead.

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

770 Calories, 40g Fat, 75g Carbs, 10g Fiber

16 WW+ Points

### **Lightened up snapshot (1 tortilla folded in half)**

480 Calories, 20g Fat, 65g Carbs, 20g Protein,

10 WW+ Points

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

INGREDIENTS: Flour Tortillas, Cauliflower, Chihuahua Cheese, Chickpeas, Tomato, White Wine, Garlic, Herbs and Spices

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## 1. Getting Organized

Preheat your oven to 400.

## 2. Roast the Cauliflower

Toss the **Cauliflower** with 1 Tbsp of oil and place in the center of a baking sheet (to prevent it from burning). Bake until just starting to brown, about 7 to 10 minutes. Move the cauliflower to one side of the baking sheet to allow room to build the quesadilla.

## 3. Build the Quesadilla

Oil the baking sheet with 1 to 2 Tbsp of oil. Take one **Tortilla** and wipe it through the oil to coat one side. Repeat with the second tortilla, leaving it on the baking sheet oiled-side down.

Spread the **Chickpea Spread** on the tortilla and then top with half of the **Chihuahua Cheese** and all of the cauliflower. Sprinkle the remaining cheese on top of the cauliflower. Top with the second tortilla, oiled-side up, and gently press down.

## 4. Put It All Together

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

Prepare by May 24

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

# Pesto Grilled Cheese

**25** *Minutes to the Table*

**10** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Baking Sheet

### FROM YOUR PANTRY

Vegetable Oil

### 4 MEEZ CONTAINERS

Parsnips

Whole Wheat

Baguette

Spinach Pesto

Asadero Cheese

## Good to Know

**Grilled cheese with tomato soup** is a match made in heaven. Serve this sandwich alongside a warm bowl of tomato soup for the perfect comfort food dinner.

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

660 Calories, 40g Fat, 30g Protein, 18 WW+ Points

### **Lightened up snapshot (½ bread & cheese)**

440 Calories, 30g Fat, 15g 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, Parsnip, Asadero Cheese, Spinach, Olive Oil, Parmesan, Lemon Juice, Garlic

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### 1. **Getting Organized**

Preheat your oven to 400.

### 2. **Roast the Parsnips and Toast the Bread**

Toss the **Parsnips** with 1 Tbsp of oil and spread in a single layer on a baking sheet. Roast until just starting to brown, 7 to 10 minutes.

While the parsnips are roasting, cut the **Whole Wheat Baguette** about  $\frac{3}{4}$  of the way through horizontally, leaving the edges of the two halves connected. Place the bread directly on your oven rack, cut-side-down, and toast until warm, about 90 seconds.

### 3. **Make the Sandwich**

Spread the **Spinach Pesto** on one side of the baguette and then top with half of the **Asadero Cheese** and all of the roasted parsnips. Sprinkle the remaining half of the cheese on top. Place the sandwich on the baking sheet and gently press down to close.

Bake until the cheese is melted, about 8 to 10 minutes. Remove from the oven and, using a spatula, press down once more to create a cohesive sandwich. Remove to a serving plate and enjoy!

Prepare by May 24

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

## Quick Tips

### Thai Peanut Kabobs

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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 grill/broiler & soak your kabob sticks.

**Omnivore Option** Pork loin is a great addition to these kabobs.

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

### Southwestern Salmon

#### with Crisp Corn Salsa

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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** No pre-work needed.

**Meal Tip** Add your favorite grain to the cauliflower.

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

### Rotini Estate with Basil Oil

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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** Put a saucepan of water on to boil.

**Omnivore Option** This dish is great with roast chicken.

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

### Brazilian Farro with Roasted Pineapple

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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 400 & put a pot of water on to boil.

**Omnivore Option** Ground turkey is delicious with this meal.

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

### Chicken Marsala with Penne Pasta

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<b>25 Min</b> to Table	<b>25 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Put a saucepan of water on to boil.

**Leftovers Tip** The chicken and vegetables make a great sandwich.

**From Your Pantry** You'll need flour, milk/half&half, olive oil, salt, and pepper.



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## *Italian 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 your oven to 425.

**Meal Tip** Skip the cauliflower if you'd like.

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

## *Pesto Grilled Cheese*

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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.

**Meal Tip** Pair this with tomato soup for a match made in heaven.

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

# Looking for a little inspiration?

Visit the Meez Kitchen Blog for tips, recipes and ideas!

[www.meezkitchen.com](http://www.meezkitchen.com)

## Health Snapshot

### Thai Peanut Kabobs

480 Calories  
20 g Protein  
30 g Fat  
45 g Carbs.  
5 g Fiber  
1,500 mg Sodium

14 WW+ Points

85% Calcium  
50% Vitamin A  
30% Iron

### Rotini Estate with Basil Oil

815 Calories  
25 g Protein  
30 g Fat  
115 g Carbs.  
15 g Fiber  
35 mg Sodium

21 WW+ Points

240% Vitamin C  
65% Folate  
50% Vitamin A

### Brazilian Farro

640 Calories  
15 g Protein  
40 g Fat  
65 g Carbs.  
10 g Fiber  
1,000 mg Sodium

18 WW+ Points

480% Vitamin A  
140% Vitamin C  
100% Manganese

### Southwestern Salmon

500 Calories  
40 g Protein  
30 g Fat  
25 g Carbs.  
5 g Fiber  
745 mg Sodium

13 WW+ Points

100% Vitamin C  
90% Vitamin B6  
90% Vitamin B12

### Chicken Marsala

775 Calories  
60 g Protein  
15 g Fat  
80 g Carbs.  
10 g Fiber  
775 mg Sodium

17 WW+ Points

250% Vitamin C  
55% Vitamin B6  
55% Calcium

### Lighten Up Option

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

#### Kabobs

No changes

480 Calories  
30 g Fat  
14 WW+ Points

#### Rotini Estate

*2/3 pasta, 1/2 basil oil*

540 Calories  
15 g Fat  
17 WW+ Points

#### Farro

*1/2 the seeds*

590 Calories  
25 g Fat  
16 WW+ Points

#### Salmon

No changes

500 Calories  
30 g Fat  
13 WW+ Points

#### Marsala

No pasta, 1/2 Parmesan

470 Calories  
10 g Fat  
10 WW+ Points



## Health Snapshot

<b>Buttermilk Broccoli</b>	<b>Double Green Caesar</b>	<b>Lemon Chai Carrots</b>	<b>Fresh Guacamole</b>	<b>Italian Quesadilla</b>	<b>Pesto Grilled Cheese</b>
335 Calories	960 Calories	385 Calories	315 Calories	770 Calories	660 Calories
5 g Protein	40 g Protein	5 g Protein	5 g Protein	35 g Protein	30 g Protein
20 g Fat	50 g Fat	35 g Fat	20 g Fat	40 g Fat	40 g Fat
30 g Carbs.	90 g Carbs.	20 g Carbs.	30 g Carbs.	75 g Carbs.	45 g Carbs.
10 g Fiber	15 g Fiber	10 g Fiber	10 g Fiber	10 g Fiber	5 g Fiber
550 mg Sodium	1,380 mg Sod.	575 mg Sodium	35 mg Sod.	1, 715 mg Sod.	685 mg Sodium
9 WW+ Points	25 WW+ Points	5 WW+ Points	9 WW+ Points	16 WW+ Points	18 WW+ Points
230% Vitamin C	595% Vitamin A	310% Vitamin A	20% Folate	120% Vitamin C	90% Vitamin A
30% Folate	170% Vitamin C	30% Vitamin C	20% Vitamin C	75% Calcium	70% Calcium
15% Calcium	140% Folate	10% Calcium	20% Vitamin B6	35% Vitamin B6	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>Salad</b>	<b>Caesar Salad</b>	<b>Carrots</b>	<b>Guacamole</b>	<b>Quesadilla</b>	<b>Sandwich</b>
No changes	No changes	No changes	No changes	1 tortilla	½ bread and cheese
335 Calories	960 Calories	385 Calories	315 Calories	480 Calories	440 Calories
20 g Fat	50 g Fat	35 g Fat	20 g Fat	20 g Fat	30 g Fat
9 WW+ Points	25 WW+ Points	5 WW+ Points	9 WW+ Points	10 WW+ Points	12 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.