

Calabasa Tacos with Corn Salsa

The idea for these started with classic Mexican fried zucchini (calabasa). We love the crispy contrast of fried zucchini, but wanted something simpler for a weeknight dinner. Enter spiced panko. We're baking it with the zucchini to get the same crispy contrast and serving it in a taco topped with a corn & black bean salsa. Yum!

35 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Oven-Safe Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

4 MEEZ CONTAINERS

Zucchini

Spiced Panko

Corn Tortillas

Corn & Black Bean
Salsa

Make The Meal Your Own

Omnivore's Option – Ground beef works well with these flavors. Brown it in a skillet while the zucchini cooks.

Good To Know

If you don't have an oven-safe skillet, you can transfer the sautéed zucchini to a casserole dish before you add the panko and bake.

If you're making the gluten-free version, we've left the panko out of your meal. Instead of the spiced panko described in step 2, sprinkle the spices over the zucchini.

If you're making the vegan version, we've left the cheese out of your corn & black bean salsa.

Health snapshot per serving – 530 Calories, 15 g Protein, 10 g Fiber, 15 WW+ Points.

Lightened up snapshot – 490 Calories, 10 g Fat and 13 WW+ Points when you use $\frac{3}{4}$ of the corn & black bean salsa.

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

INGREDIENTS: Zucchini, Black Beans, Corn Tortillas, Corn, Panko Breadcrumbs, Queso Fresco Cheese, Red Onion, Lime, Olive Oil, Cilantro, Spices, Herbs

meezmeals

1. Getting Organized

Preheat your oven to 350.

2. Cook the Zucchini

Heat 3 Tbsp olive oil in a large, oven-safe skillet over high heat. Add the **Zucchini** and cook until it's lightly browned, about 15 minutes. Stir only once every 3 minutes or so. It needs contact with the pan to cook.

Add a generous pinch of salt and pepper, then sprinkle the **Spiced Panko** over top and bake until the panko turns golden brown, about 15 to 20 minutes.

3. Put It All Together

When you're just about ready to eat, heat the **Corn Tortillas** until very soft. (You can heat them in the oven, in a dry skillet or directly over a gas burner.) Serve the tortillas filled with the cooked zucchini and panko and top with the **Corn & Black Bean Salsa**. Enjoy!

We like to heat tortillas right on a gas burner. You can also use a dry skillet. (No washing required!)

Be sure to thoroughly heat the tortillas, otherwise they are prone to cracking.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by May 31

Hawaiian Paella

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

30 *Minutes to the Table*

5 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Oven-Safe Large Skillet
Rimmed Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Pineapple & Celery
Coconut Soy Ginger
Sauce
Rice
Baked Tofu
Cashews

Make The Meal Your Own

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

Good To Know

The trick to this dish is to use a large skillet or frying pan that will be safe in the oven. The rice should fit in a thin layer so it can develop crusty bits on the bottom, which is our favorite part of paella.

Don't have an oven-safe skillet? No problem. You can transfer the paella to a large casserole dish, instead.

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

Lightened up snapshot – 500 Calories, 10 g Fat and 14 WW+ Points when you leave out the cashews.

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

INGREDIENTS: Baked Tofu, Coconut Milk, Rice, Pineapple, Pineapple Juice, Celery, Onion, Soy Sauce, Cashews, Brown Sugar, Cilantro, Ginger, Garlic, Spices

meez meals

1. Getting Organized

Preheat your oven to 375.

2. Roast the Pineapple & Celery

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

3. Prepare the Paella

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

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

4. Bake the Paella

Put the skillet into the oven and cook the paella until the rice is tender and the water has been absorbed, about 15 minutes. If the rice isn't fully cooked once the water has been absorbed, you can add a little more water and continue cooking until the rice is tender. Once the rice is to your liking, turn the oven off, but leave the skillet in for an additional 5 minutes.

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

5. Put It All Together

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

The 2 to 3 minutes on the stove will help develop a bottom crust to the paella. It's our favorite part!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by May 31

Toasted Gnocchi with Dates & Blue Cheese

If there's one flavor combination we love, it's dates and blue cheese. Salty and sweet, it's a classic pairing that we can't get enough of. Mix in some crispy-on-the-outside, tender-on-the-inside toasted gnocchi, spinach and an oregano vinaigrette, and you've got magic.

25 Minutes to the Table

10 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

Whole Wheat Gnocchi
Fennel
Spinach
Dates & Blue Cheese
Oregano Vinaigrette

Make The Meal Your Own

Not sure if you love fennel? Don't be scared. It has a reputation for tasting like licorice, but in this dish it simply adds a depth of flavor that we love.

Omnivore's Option – Pancetta or prosciutto is a classic addition to the dates and blue cheese in this dish. Fry in strips with the fennel.

Good To Know

If you're making the vegan version, we've left the blue cheese out of your meal.

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

Don't like blue cheese? We've sent you feta, instead.

Health snapshot per serving – 570 Calories, 20g Fat, 15g Protein, 80g Carbs, 14 WW+ Points

Lightened up snapshot – 460 Calories, 15g Fat and 11 WW+ points with no cheese.

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

INGREDIENTS: Gnocchi, Spinach, Fennel, Blue Cheese, Dates, Red Wine Vinegar, Cider Vinegar, Brown Sugar, Herbs

meez meals

1. Getting Organized

Preheat your oven to 375.

2. Toast the Gnocchi

Put the **Whole Wheat Gnocchi** on a rimmed baking sheet, preferably lined with parchment paper, and drizzle with olive oil, salt and pepper. Bake until golden on the outside and tender on the inside, about 15 to 20 minutes. (Go ahead and test one out, just to be sure. But fair warning – it's hard to stop at just one.)

We love the crispy texture of toasted gnocchi. If you prefer softer gnocchi, though, boil it for 6 to 8 minutes.

3. Cook the Vegetables

While the gnocchi are cooking, heat 2 Tbsp olive oil in a large skillet over medium-high heat. Once the oil is hot, add the **Fennel** and cook until the edges are caramelized and the middle is tender, about 5 minutes. Add the **Spinach** and cook until it just starts to wilt, about one minute.

4. Put It All Together

Put the toasted gnocchi and cooked fennel and spinach into a large mixing bowl. Add the **Dates & Blue Cheese** and drizzle with half of the **Oregano Vinaigrette**. Toss well and add salt, pepper and olive oil to taste, along with more vinaigrette if you'd like. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by May 31

Kung Pao Edamame with Udon Noodles

We're hooked on Kung Pao sauces. The spicy sweet flavor just makes stir-fries come to life. We're cooking our version with edamame, carrots and red peppers, then serving it over udon noodles with some peanuts to finish it all off. It's a speedy meal perfect any night of the week.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Asian Vegetables
Sesame Soy Sauce
Udon Noodles
Peanuts

Make The Meal Your Own

Cooking with a picky eater? Use just half the sauce and add more to taste.

Omnivore's Option – Shrimp is great in this dish. Cook it along with the vegetables and sauce.

Want a little extra kick? Add a pinch of crushed red pepper to the final dish.

Good To Know

If you're making the gluten-free version, we've given you rice noodles, instead. Cook until tender, about 5 minutes, drain and rinse under cold water.

Health snapshot per serving – 510 Calories, 20g Protein, 10g Fiber, 13 WW+ Points

Lightened up snapshot – 445 Calories, 15 g Fat and 11 WW+ Points when you use half the peanuts.

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

INGREDIENTS: Edamame, Udon Noodles, Carrots, Red Peppers, White Wine, Peanuts, Soy Sauce, Sambal, White Vinegar, Brown Sugar, Sesame Oil, Garlic

meezmeals

1. Getting Organized

Bring a large pot of water to a boil.

A large pot of water gives the noodles lots of room to cook properly.

2. Cook the Vegetables

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Asian Vegetables** and cook until the carrots are tender, about 5 to 7 minutes. Add the **Sesame Soy Sauce** and cook until hot, about 2 to 3 minutes. Season with salt and pepper to taste.

3. Cook the Udon Noodles

As soon as you add the sauce, start the noodles. Salt the boiling water and add the **Udon Noodles**. Cook until they are soft, about 5 to 7 minutes, then drain.

Adding salt to the pasta water adds flavor to the noodles.

To serve, plate the udon noodles, then add the veggies and finish the dish with a sprinkling of **Peanuts**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by May 31

Classic Chicken Alfredo & Roasted Red Pepper Flatbread

Turn dinnertime into fun-time. Let the kids (young or old) have fun shaping and kneading the flatbread dough. Then top it off with creamy Alfredo sauce, tender chicken strips, and sweet roasted peppers.

35 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Rimmed Baking Sheet

FROM YOUR PANTRY

Flour
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Chicken Breast
Whole Wheat Pizza Dough
Alfredo Sauce
Roasted Red Peppers
Parmesan Cheese

Make The Meal Your Own

Cooking with a picky eater? Skip the roasted red peppers on their slices.

Have leftover veggies in your fridge? Sliced mushrooms, spinach, or even blanched broccoli would be great on this flatbread.

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

Be sure to generously season your chicken with salt and pepper before cooking. Chef Max recommends using $\frac{1}{4}$ tsp of each.

Health snapshot per serving – 635 Calories, 25g Fat, 35g Protein, 65g Carbs, 16 WW+ Points

Lightened up snapshot – 470 Calories, 20g Fat and 11 WW+ Points with no parmesan and 2/3 of the pizza dough.

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

INGREDIENTS: Whole Wheat Pizza Dough, Free-Range Chicken, Parmesan Cheese, Roasted Red Peppers, Heavy Cream, White Wine, Apple Cider Vinegar, Garlic, Black Pepper

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1. Getting Organized

Preheat your oven to 425 and take the pizza dough out of the refrigerator.

Don't forget to take the dough out. Warmer dough is easier to work with!

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 1/4" 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 1/4 tsp salt and 1/4 tsp pepper, so use about half per side, or more if you like).

3. Assemble the Flatbread

Shape your **Whole Wheat Pizza Dough**. Sprinkle your counter with a little flour and stretch the dough into shape. The size and thickness are up to you, but we target about 1/4" thickness.

We usually make two-person pizzas and ours are about 8" wide and 14" long.

Transfer the dough to your baking sheet and top with the chicken, **Alfredo Sauce**, **Roasted Red Peppers** and **Parmesan Cheese**.

Oil your baking sheet or line with parchment paper so the pizza is easy to remove.

4. Bake the Flatbread

Bake the flatbread until the crust is well browned, about 20 to 25 minutes. Remove from the oven and let rest for 5 minutes before serving. Enjoy!

Be sure to let the chicken rest - it keeps it juicy.

Love this recipe? #meezmagic

Instructions for two servings.

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

Chimichurri Sirloin Steak with Fingerling Potatoes

An irresistible update on an Argentinian classic. With a zesty chimichurri puree, mouthwatering free-range sirloin strips and tender fingerling potatoes, it's a meal that will have everyone asking for seconds.

30 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

4 MEEZ CONTAINERS

Fingerling Potatoes

Onions & Garlic

Sirloin

Chimichurri

Make The Meal Your Own

The leftovers from this meal make a great casserole. Layer everything in a casserole dish, top with your favorite cheese (Chef Max recommends Chihuahua) and bake for 10 minutes in a 375-degree oven.

We're cooking our beef to medium because we like it best that way. If you want to make it medium-well, cook an additional minute before turning off the heat.

Our beef comes from a local farm down the road in Aurora, Ill. These cows are raised on open pastures with care and dedication and are free of antibiotics and growth-promoting hormones.

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 – 450 Calories, 15g Fat, 40g Protein, 40g Carbs, 12 WW+ Points

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

INGREDIENTS: Fingerling Potatoes, Grass-Fed Beef, Red Onion, Cherry Tomatoes, Corn, Red Wine Vinegar, Lime Juice, Olive Oil, Parsley, Garlic, Cilantro, Spices

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1. Slice the Potatoes

Slice the **Fingerling Potatoes** into small, even rounds (about 8 to 10 rounds per potato).

2. Cook the Beef and Potatoes

Heat 2 Tbsp of oil in a large skillet over high heat. Add the sliced potatoes and cook, stirring occasionally, until starting to brown, about 5 minutes. Add the **Onions & Garlic** to the skillet and continue cooking until the onions are translucent and the potatoes are fork tender, about 5 more minutes.

Generously season the **Sirloin** with salt and pepper (we recommend ½ tsp of each) and then add to the skillet and cook, undisturbed, until browned on the bottom, about 3 to 4 minutes. Turn off the heat, give the meat and potatoes a good stir, and then let rest for 5 minutes in the pan before serving.

It's important to rest the meat after it cooks so it stays tender and juicy.

3. Put It All Together

Serve the beef and potatoes topped with the **Chimichurri** to taste. Enjoy!

Love this recipe? #meezmagic

The meat tastes best right after it's cooked, so plan to serve it immediately after it rests.

Instructions for two servings.

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

Panko Crusted Salmon Donburi Rice Bowl

There is nothing like the light fresh flavors of Japan to taste like summer. With the lightly crunchy panko-crusted wild caught salmon, cucumber and daikon radish marinated salad over a bed of fragrant basmati rice, this delicious dinner does just that. All these flavors and under 25 minutes. Yum!

25 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Medium Saucepan
Shallow Pie Dish or Plate
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Basmati Rice
Salmon
Seasoned Breadcrumbs
Marinated Vegetables
Sesame Sticks

Make The Meal Your Own

Leftovers tip – The marinated vegetables make the perfect base for a salad. If you have extra, toss it with cabbage or lettuce and serve as a side, or throw in some cubed tofu and raw veggies to make the perfect entrée salad.

Make ahead tip – Cook the rice up to a day in advance. To keep it from sticking, stir in 2 Tbsp of the marinade from the vegetables. Serve cold or at room temperature with the cooked fish.

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

Good To Know

If you want to test the doneness of the salmon, use a thermometer. You want the internal temperature to be at least 140 degrees. If you don't have a thermometer, you can cut the fish in half to check the doneness.

Health snapshot per serving – 525 Calories, 20g Fat, 40g Protein, 40g Carbs, 13 WW+ Points

Lightened up snapshot – 475 Calories, 20g Fat and 12 WW+ Points with ½ the sesame sticks.

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

INGREDIENTS: Wild-Caught Salmon, Basmati Rice, Cucumber, Radish, Panko Breadcrumbs, Sesame Sticks, Mirin, Coconut Milk, Rice Wine Vinegar, Gluten-Free Soy Sauce, Sesame Seed, Brown Sugar, Spices

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1. Get Organized

Bring 1 ¾ cups of water to a boil in a medium saucepan.

2. Cook the Rice

Salt the boiling water and add the **Basmati Rice**. Reduce the heat to a simmer, cover and cook until all of water has been absorbed, about 20 to 25 minutes. Remove the rice from the heat, but keep covered.

3. Dredge and Cook the Salmon

While the rice is cooking, pour the **Seasoned Breadcrumbs** into a shallow pie pan or on to a plate. Coat the **Salmon** with the breadcrumbs, pressing them into the fish to ensure they stick. Coat the entire fillet and repeat with remaining pieces of salmon.

Heat 2 Tbsp of oil in a large skillet on high heat. Add the salmon and cook 4 minutes. Flip gently and cook an additional 2 minutes. Turn off the heat, cover and let sit for 5 minutes.

Press firmly on the fish to get the breadcrumbs to stick. It's okay if you smash the fish a little.

If you want to check the doneness of the fish, use a thermometer (you're looking for 140 degrees or higher) or cut the fish in half.

4. Put It All Together

Top the cooked rice with the salmon and the **Marinated Vegetables**. Drizzle the extra marinade over the rice and fish and top with **Sesame Sticks** to serve.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by May 28

Buddha Salad Bowl

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

5 MEEZ CONTAINERS

Bamboo Shoots

Baked Tofu

Cooked Brown Rice

Cabbage & Carrots

Soy-Ginger Aioli

Put It All Together

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

Good to Know

Health Snapshot per serving

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

Have Questions?

We're standing by at 773.916.6333

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

Prepare by May 31

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

Balsamic-Glazed Brussels Sprouts

30 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Salt & Pepper
Vegetable Oil

4 MEEZ CONTAINERS

Brussels Sprouts
Balsamic
Vinaigrette
Walnuts
Pecorino Cheese

Make This Meal Your Own

If you want to add a salty layer, pancetta would be great in this.

Want to get a jump on dinner? Make this recipe a day in advance and serve cold.

Good to Know

If you're making the vegan version, we've left out the cheese. Try sprinkling a second salted nut to add a great contrast.

Health Snapshot per serving (serves 2)

385 Calories, 20g Fat, 35g Carbs, 15g Protein,
10 WW+ Points

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

INGREDIENTS: Brussels Sprouts, Pecorino Cheese, Walnuts, White Balsamic Vinegar, White Wine, Brown Sugar, Herbs

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1. **Getting Started**

Preheat your oven to 450.

2. **Roast the Brussels Sprouts**

Put the **Brussels Sprouts** on to a rimmed baking sheet. Drizzle with olive oil, salt and pepper, and give it all a good toss, then arrange in a single layer. Bake until golden in places, 15 to 25 minutes.

3. **Put It All Together**

Top the Brussels sprouts with the **Balsamic Vinaigrette** and **Walnuts** and mix. Sprinkle the **Pecorino Cheese** on top and bake until the cheese is lightly browned, about 5 more minutes. Serve and enjoy!

Love this recipe? #meezmagic

Cook by May 31

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

Fresh Basil Pea Pesto 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

Tortillas

Parsnips

Gouda

Basil Pea Pesto

Good to Know

Health Snapshot per serving (serves 1)

800 Calories, 45g Fat, 80g Carbs, 10g Fiber

22 WW+ Points

Lightened up snapshot (1 tortilla, ½ gouda & pesto) 500 Calories, 30g Fat, 13 WW+ Points

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

INGREDIENTS: Flour Tortillas, Parsnip, Gouda, Peas, Olive Oil, Lemon Juice, Basil, Garlic

meezmeals

1. Getting Organized

Preheat your oven to 400.

2. Roast the Veggies

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. Move the parsnips 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 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 **Basil Pea Pesto** on the tortilla and then top with half of the **Gouda** and all of the parsnips. Sprinkle the remaining gouda on top. 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, about 6 to 8 minutes. Flip the quesadilla, and cook an additional 3 to 4 minutes. Cut into wedges and serve. Enjoy!

Prepare by May 31

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

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

Potatoes

Pizza Dough

Basil Spinach

Pesto

Mozzarella

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, 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 **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 to allow room to build the pizza.

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 **Mozzarella**. Bake until the crust is brown and the cheese is melted, 12 to 15 minutes. Enjoy!

Love this recipe? #meezmagic

Cook by May 31

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

Quick Tips

Calabasa Tacos with Corn Salsa

35 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 350.

Omnivore Option Ground beef works well with these flavors.

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

Kung Pao Edamame

with Udon Noodles

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Bring a large pot of water to a boil.

Omnivore Option Shrimp is great in this dish.

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

Hawaiian Paella

30 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 375.

Omnivore Option Pork loin is a tasty addition.

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

Toasted Gnocchi with Dates and Blue Cheese

25 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 375.

Omnivore Option Pancetta or prosciutto is a classic choice for this meal.

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

Classic Chicken Alfredo and

Roasted Red Pepper Flatbread

35 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat oven to 425 and take the dough out of the fridge.

Picky Eater Tip Skip the roasted red peppers on their slices.

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



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Chimichurri Sirloin Steak with Fingerling Potatoes

30 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started No pre-work needed.

Leftovers Tip Layer everything to make a casserole.

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

Panko Crusted Salmon Donburi Rice Bowl

25 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started No pre-work needed!

Make Ahead Tip Cook the rice up to a day in advance.

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

Pesto and Potato Pizza

25 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 425.

Meal Tip This pizza is great topped with sausage or pepperoni.

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

Eating Green, Made Easy

Meez is honored to be the country's first and only
DIY meal kit service to be a Certified Green Restaurant®

Visit www.meezkitchen.com/green to learn more

Health Snapshot

Calabasa Tacos

530 Calories
15 g Protein
15 g Fat
95 g Carbs.
10 g Fiber
120 mg Sod.

15 WW+ Points

40% Vitamin A
30% Vitamin C
10% Calcium

Hawaiian Paella

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

17 WW+ Points

55% Vitamin C
50% Calcium
45% Iron

Toasted Gnocchi

570 Calories
15 g Protein
20 g Fat
80 g Carbs.
10 g Dietary Fiber
985 mg Sodium

14 WW+ Points

415% Vitamin A
40% Vitamin C
20% Calcium

Kung Pao Edamame

510 Calories
20 g Protein
20 g Fat
65 g Carbs.
10 g Fiber
1,200 mg Sod.

13 WW+ Points

140% Vit. A
85% Vit. C
10% Calcium

Chicken Flatbread

635 Calories
35 g Protein
25 g Fat
65 g Carbs.
10 g Fiber
900 mg Sodium

16 WW+ Points

80% Folate
20% Calcium
20% Vitamin C

Lighten Up Option

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

Tacos

¾ corn salsa

490 Calories
10 g Fat
13 WW+ Points

Paella

No cashews

500 Calories
10 g Fat
14 WW+ Points

Gnocchi

No cheese

460 Calories
15 g Fat
11 WW+ Points

Kung Pao

½ the peanuts

445 Calories
15 g Fat
11 WW+ Points

Flatbread

No cheese, 2/3 dough

470 Calories
20 g Fat
11 WW+ Points

Health Snapshot

Chimichurri Steak	Salmon Rice Bowl	Buddha Salad Bowl	Brussels Sprouts	Basil Pesto Quesadilla	Pesto Potato Pizza
450 Calories	525 Calories	600 Calories	385 Calories	800 Calories	730 Calories
40 g Protein	40 g Protein	10 g Protein	20 g Protein	25 g Protein	25 g Protein
15 g Fat	20 g Fat	40 g Fat	20 g Fat	45 g Fat	30 g Fat
40 g Carbs.	40 g Carbs.	70 g Carbs.	35 g Carbs.	80 g Carbs.	90 g Carbs.
5 g Fiber	5 g Fiber	10 g Fiber	10 g Fiber	10 g Fiber	10 g Fiber
80 mg Sodium	1,210 mg Sod.	2000 mg Sodium	640 mg Sodium	1,245 mg Sod.	990 mg Sodium
12 WW+ Points	13 WW+ Points	17 WW+ Points	10 WW+ Points	22 WW+ Points	19 WW+ Points
65% Vitamin C	90% Vitamin B12	120% Vitamin A	30% Vitamin A	40% Calcium	55% Vitamin C
55% Vit. B-12	85% Vitamin B6	115% Vitamin C	280% Vitamin C	35% Vitamin C	50% Calcium
40% Vit. B-6	15% Calcium	30% Folate	30% Folate	30% Folate	20% Vitamin A

Lighten Up Option

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

Steak	Salmon	Buddha Bowl	Brussels	Quesadilla	Pizza
No changes	½ sesame sticks	No changes	No changes	1 tortilla, ½ gouda & pesto	½ pesto & potatoes, 1/3 cheese
450 Calories	475 Calories	600 Calories	385 Calories	500 Calories	440 Calories
15 g Fat	20 g Fat	40 g Fat	20 g Fat	30 g Fat	30 g Fat
12 WW+ Points	12 WW+ Points	17 WW+ Points	10 WW+ Points	13 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.