

# Deep Dish Mushroom and White Cheddar Frittata

This layered earthy mushroom and gooey cheese casserole will warm up everyone at your dinner table. P.S. Don't let the long cooking time keep you from ordering. This gem is just 10 minutes hands on and can be made in advance. P.P.S. Leftovers can make an awesome breakfast re-appearance.

**60** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Loaf Pan or 10x10  
Casserole Dish  
Mixing Bowl  
Medium Skillet

### FROM YOUR PANTRY

Butter or  
Cooking Spray  
1 ½ Cup Milk or  
Half & Half  
Black Pepper

### 5 MEEZ CONTAINERS

Mushrooms  
Sourdough Bread  
Corn & Basil  
Cheddar Cheese  
Egg Mix

## Make The Meal Your Own

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

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

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

## Good To Know

**A note on pan size** – To keep the strata moist, Chef Max likes to make his in a narrow, deep pan, so he recommends using a loaf pan (or two). You can also build your strata in a shallower casserole dish, but start checking your strata a bit earlier, as it may cook faster.

**Health snapshot per serving** – 570 Calories, 30g Fat, 30g Protein, 50g Carbs, 15 WW+ Points

**Lightened up snapshot** – 485 Calories, 20g Fat and 13 WW+ points using ½ the cheddar.

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

INGREDIENTS: Corn, Button Mushrooms, Eggs, Sourdough Bread, White Cheddar, Green Onion, Mayonnaise, Basil

meez meals

### 1. Getting Organized

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

### 2. Cook the Mushrooms

Heat 1 Tbsp of oil in a medium-sized skillet over high heat. Add the **Mushrooms** and cook until golden brown, 5 to 7 minutes.

### 3. Assemble the Strata

Put 1/3 of the **Sourdough Bread** on the bottom of the pan or casserole dish. Layer 1/3 of the **Corn & Basil** on top of the bread, followed by 1/3 of the mushrooms and 1/3 of the **Cheddar Cheese**. Repeat these layers two more times – bread, corn, mushrooms, cheese – until you've used up your ingredients.

Open the **Egg Mix** and pour into a mixing bowl. Add 1½ cup milk or half & half. Season with two pinches of Kosher salt and up to ½ tsp of black pepper. Pour the egg mixture into the pan over all the ingredients as evenly as possible.

*You can adjust the black pepper amount based on your preferences.*

### 4. Bake the Strata

Bake until the eggs are set and firm to the touch and the strata is brown on top, about 50 to 60 minutes. Slice and serve. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Cook by June 28**

# Summer Farfalle with White Wine Braised Artichokes & Peas

Sophisticated simplicity. Familiar ingredients like artichokes and peas take on a delicious new flavor when cooked in a white wine sauce. Tossed with farfalle, olives and sundried tomatoes, the result is a sophisticated dinner perfect for any night of the week.

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Skillet  
Large Saucepan

### FROM YOUR PANTRY

Butter (optional)  
Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Farfalle  
Olives & Sun-Dried  
Tomatoes  
Artichokes, Peas &  
Chickpeas  
White Wine Braise  
Lemon  
Parmesan Cheese

## Make The Meal Your Own

**Cooking with someone who likes a milder flavor?** Skip the olives and sun-dried tomatoes in their portion.

**Omnivore's Option** – Sliced chicken is great with this. Cook it with the artichokes.

## 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**, skip the butter in step 5 and drizzle the finished dish with 1 Tbsp olive oil instead. We've also left the Parmesan out of your meal, so you may want to add an extra pinch of salt before serving.

**Health snapshot per serving** – 580 Calories, 20g Protein, 70g Carbs, 15g Fat, 13 WW+ Points

**Lightened up snapshot** – 495 Calories, 15g Fat and 11 WW+ Points with half the cheese and half of the pasta.

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

INGREDIENTS: Artichoke Hearts, Lemon, Farfalle, Chickpeas, Peas, Parmesan Cheese, Kalamata Olives, Sundried Tomatoes, White Wine, Champagne Vinegar, Garlic, Sambal, Herbs

*meez*meals

## 1. Getting Organized

Put a large saucepan of water on to boil.

## 2. Cook the Farfalle

Add the **Farfalle** to the boiling water and cook until al dente, about 7 to 8 minutes.

## 3. Sauté the Olives and Sun-Dried Tomatoes

In a large skillet, heat 1 ½ Tbsp of olive oil over high heat. Add the **Olives & Sun-Dried Tomatoes** and cook until the sun-dried tomatoes brown at the edges and the garlic is fragrant, about 4 to 5 minutes. While the olives and sun-dried tomatoes are cooking, drain the water from the **Artichokes, Peas & Chickpeas** in a colander and set aside.

## 4. Cook the Artichokes, Peas & Chickpeas

Add the drained artichokes, peas & chickpeas to the olives and tomatoes and sauté until the artichokes and chickpeas begin to brown, about 8 to 10 minutes.

## 5. Add the White Wine Braise

Add the **White Wine Braise** to the skillet and mix well. When it cooks down to half the volume, add 1 ½ Tbsp butter and stir well to incorporate.

## 6. Put It All Together

Turn off the heat, add the farfalle to the pan and toss well. Quarter the **Lemon\***, and top with **Parmesan Cheese** and a squeeze of lemon to taste. Enjoy!

*Don't forget to scrape the bottom of the pan - all those bits are packed with flavor!*

Instructions for two servings.

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

# Loaded Mozzarella & Balsamic Glazed Tomato Quesadilla

**25** Minutes to the Table

**25** Minutes Hands On

**2 Whisks** Easy

Our members say it best: "The quesadilla was fantastic. It was tasty, easy and fun to make!! Kinda like pizza AND the cherry tomato topping was so GOOD." What could be that delicious? This Caprese-inspired quesadilla layers basil pesto, spinach, balsamic glazed tomatoes and lots of mozzarella over a warm tortilla. It's a dinner you don't want to miss.

## Getting Organized

### EQUIPMENT

Large Skillet  
Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Tomatoes  
Balsamic Glaze  
Spinach  
Tortillas  
Basil Pesto  
Mozzarella

## Make The Meal Your Own

**Want to eat even faster?** Use two pans and cook up the tomatoes and spinach at the same time. Dinner will be on the table in about 15 minutes.

**Cooking for a crowd?** Free up a few burners by cooking your quesadillas under the broiler instead of on the stove.

## Good To Know

**If you're making the gluten-free version**, we've given you corn tortillas. They're smaller than flour tortillas, so you'll make two round quesadillas per person, rather than one half-moon.

**If you're making the vegan version**, skip the mozzarella and make a pesto spinach foldover, instead. Cook the vegetables and heat the tortillas according to the instructions, then spread the pesto and cook for a minute. Add the spinach with the tomatoes.

**Health snapshot per serving** – 785 Calories, 30g Fat, 30g Protein, 10g Fiber, 21 WW+ Points

**Lightened up snapshot** -- 500 Calories, 30g Fat and 14 WW+ points when you use one tortilla and  $\frac{3}{4}$  of the mozzarella.

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

INGREDIENTS: Tomatoes, Spinach, Flour Tortillas, Mozzarella Cheese, Basil, Almonds, Balsamic Vinegar, Brown Sugar, Lemon, Olive Oil, Garlic

meez meals

### 1. Getting Organized

Heat 1 Tbsp of olive oil in a large skillet over medium heat.

### 2. Cook the Vegetables

Add the **Tomatoes** and cook until they pop and most of the liquid has evaporated, 5 to 10 minutes. Add the **Balsamic Glaze** and cook another 2 minutes. Transfer to a bowl and return the skillet to the heat.

Add the **Spinach** and a good pinch of salt. Cook until it just wilts, about 1 to 2 minutes.

### 3. Assemble the Quesadillas

Wipe out the skillet with a paper towel, and then heat 1 Tbsp of oil over medium heat. Place one **Tortilla** into the skillet and move around to lightly coat the bottom with oil. Repeat each time you're making a new quesadilla.

Spread the **Basil Pesto** on the tortilla, and then add some of the wilted spinach and **Mozzarella** on one side. Fold over, so you have a half moon. Cook until golden, about 2 to 3 minutes on each side.

### 4. Put It All Together

Cut the quesadillas into pieces and serve topped with the glazed tomatoes. Enjoy!

*We like to assemble the quesadillas in the pan so there's no risk of a mess.*

*If there's extra liquid with the tomatoes, just leave it behind. You don't want to make the quesadillas soggy.*

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Cook by June 28**

# Thai Red Curry Soup

This gem is a fresh take on the Thai classic. We're cooking up our version of red curry soup with glass noodles, carrots, red peppers, mushrooms and tofu in a red curry and coconut milk base. It's rich and flavorful, and practically hands-free, not to mention an all-time member favorite.

**25** *Minutes to the Table*

**10** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

2 Saucepans  
Large Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Shiitake Mushrooms  
Thai Peppers & Carrots  
Red Curry  
Tofu  
Ginger-Coconut Broth  
Glass Noodles

## Make The Meal Your Own

**Want to get a jumpstart on dinner?** Make the soup ahead, but keep the tofu and noodles separate until you're ready to eat.

**Don't love spice?** Go easy on the red curry paste and let everyone add to taste. (If it's still too spicy, you can mellow the soup by adding extra coconut milk.)

**Omnivore's Option** – Shrimp is a great addition to this dish. Cook it separately and add to the soup at the end.

## Good To Know

**Health snapshot per serving** – 370 Calories, 20g Protein, 20g Fat, 40g Carbs, 8 WW+ Points

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

INGREDIENTS: Coconut Milk, Tofu, Glass Noodles, Carrots, Peppers, Mushrooms, Lime Juice, Soy Sauce, Brown Sugar, Red Curry Paste, Lemongrass, Garlic, Basil, Concentrated Vegetable Base, Ginger

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### 1. Getting Organized

Put a saucepan of water on to boil.

### 2. Cook the Thai Vegetables

In a separate saucepan, heat 1 Tbsp olive oil over medium-high heat. Add the **Shiitake Mushrooms** and **Thai Peppers & Carrots** and cook for 3 to 5 minutes.

Add the **Red Curry** and cook until fragrant, about 1 minute.

Add 1 ½ cups of water and bring to a boil, then simmer uncovered for 10 minutes.

Turn the heat back up to medium-high. Add the **Tofu** and **Ginger-Coconut Broth** and season with salt and pepper to taste. If you'd like a thinner soup, add more water. Cook until the vegetables are tender, about 2 to 5 minutes.

### 3. Soak the Glass Noodles

While the soup is simmering, turn your attention to the **Glass Noodles**. Put them into a bowl and pour the boiling water over top. Let the noodles soak until they are soft, about 2 to 5 minutes.

Drain the noodles and put into each diner's bowl. Serve the soup over the noodles and enjoy!

*The red curry has a kick. We use all of it, but if you don't love spice, you should start with just a touch.*

*It's important to let the glass noodles soak. If you don't, they can get clumpy and hard to manage.*

*Love this recipe? #meezmagic*

Instructions for two servings.

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



# Grilled Romaine & Steak Salad

Who ever has had grilled romaine lettuce can tell you how delicious a little bit of extra char can be. Then top it off with grass-fed sirloin steak strips, a corn-tomato dressing and a sprinkle of parmesan and you have what summer dreams are made of.

**15** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Baking Sheet  
Grill Pan, Grill  
or Broiler  
Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Sourdough Bread  
Romaine  
Sirloin  
Corn & Tomato  
Dressing  
Parmesan

## Make The Meal Your Own

**Too hot for the oven?** You can toast the croutons in a toaster oven to avoid having to turn on your oven. Set your toaster to 400 degrees and start checking the croutons after 5 minutes.

**Our beef comes from a local farm down the road in Aurora, Ill.** The cows are raised with care and dedication on open pastures and are free of any antibiotics or 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.

**Chef Max likes to use a grill pan to cook the romaine** because it's the easiest way to get a good, quick sear on it. If you don't have a grill pan, you can cook it on a gas or charcoal outdoor grill or use your broiler. No matter what you use, don't leave the romaine on the heat for more than 2 minutes or it will start to wilt.

**Health snapshot per serving** – 900 Calories, 65g Protein, 50g Fat, 45g Carbs, 23 WW+ Points

**Lightened up snapshot** – 475 Calories, 25g Fat and 12 WW+ points if you skip the bread, parmesan, and ½ the dressing.

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

INGREDIENTS: Grass-Fed Beef Sirloin, Romaine, Grape Tomatoes, Corn, Sourdough Bread, Parmesan Cheese, Olive Oil, White Wine Vinegar, Lemon Juice, Miso, Basil, Garlic, Spices

*meez* meals

### 1. Get Organized

Preheat your oven to 400 degrees.

### 2. Make the Croutons

Toss the **Sourdough Bread** with 2 Tbsp of olive oil and a generous pinch of salt and pepper. Mix thoroughly until coated. Spread bread in a single layer on a baking sheet and bake until golden brown, about 7 to 10 minutes.

### 3. Grill the Romaine

While the croutons are baking, heat your grill pan (or grill or broiler) on high. Cut the **Romaine** in half lengthwise. When the grill is hot, place the romaine cut side-down and cook until there are just a few grill marks near the center, no more than 2 minutes. Remove from the grill pan and set aside.

*The process is the same for an outdoor grill, but if you're using your broiler, put the romaine cut side-up on a baking sheet in the oven.*

### 4. Cook the Beef

Heat a dry skillet over high heat. While the skillet is heating, season the **Sirloin** generously with salt and pepper (we recommend ½ tsp of each). When the skillet is very hot, add the beef. Cook it, without stirring, until the bottom browns and the sides start to color, about 45 to 60 seconds.

*To test if the skillet is hot enough for the beef, hold your hand about 6 inches above the skillet. If you can feel serious heat, it's ready to go.*

- **If you prefer your beef medium-rare**, give it a good stir and then remove from the heat and let rest for 3 minutes.
- **If you prefer your beef medium**, flip it and continue cooking for 30 to 45 seconds until fully browned. Remove from the heat and let rest for 3 minutes.
- **If you prefer your beef well done**, flip it and continue cooking for 1 minute. Remove from the heat and let rest for 3 minutes.

*Beef continues to cook as it rests, so remove it from the heat when it's a little less done than you like.*

### 5. Put It All Together

Serve each romaine half topped with sirloin, **Corn & Tomato Dressing**, **Parmesan** and croutons. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by June 26**

# Blackened Baja Salmon & Avocado Tacos

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

**30** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

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

### FROM YOUR PANTRY

1 Tbsp Flour  
Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Cabbage & Carrots  
Coleslaw Dressing  
Cajun Seasoning  
Salmon  
Avocado  
Tortillas

## Make The Meal Your Own

**Salmon has a reputation for being tricky** to cook. Chef Max says the key to perfect salmon is making sure you don't overcook it. Cook over high heat for a few minutes per side and then let it rest. The salmon continues cooking as it rests, so let it sit 5 minutes off the heat before you cut into it and check for doneness.

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

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

## Good To Know

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

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

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

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

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### 1. Make the Coleslaw

In a mixing bowl, toss the **Cabbage & Carrots** with the **Coleslaw Dressing**. Season with salt and pepper to taste. Place in the refrigerator to chill until ready to eat.

### 2. Season and Cook the Salmon

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

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

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

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

### 3. Slice the Avocado

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

### 4. Heat the Tortillas and Serve

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

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

*Love this recipe? #meezmagic*

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

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by June 25**

# Broccoli Cheddar Chicken Bake

We're taking the creamy flavors of broccoli and cheddar to a new level. Paired with free-range chicken breast and heart healthy brown rice, this dish is sure to tantalize the taste buds. Not to mention it's practically hands-free.

**35** *Minutes to the Table*

**10** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

- Saucepan
- Rimmed Baking Sheet

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 6 MEEZ CONTAINERS

- Brown Rice
- Chicken Breast
- Red Onion
- Broccoli
- Cream Sauce
- Cheddar Cheese

## Make The Meal Your Own

**Want to get a jump on dinner?** Cook the brown rice in advance. When you're ready to eat, start with step 3 and you'll have dinner on the table in 20 minutes.

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

## Good To Know

**Health snapshot per serving** – 660 Calories, 40g Fat, 40g Protein, 30g Carbs, 17 WW+ Points

**Lightened up snapshot** – 500 Calories, 30g Fat, 13 WW+ Points with no cheddar and ½ the rice.

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

INGREDIENTS: Broccoli, Free-Range Chicken, Brown Rice, Heavy Cream, Red Onion, Cheddar Cheese, White Wine, Concentrated Vegetable Stock, Garlic, Herbs

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### 1. Getting Organized

Preheat your oven to 400 degrees and put a 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 into even strips. (We aim for approximately 1/4" - 1/2" slices.)

### 3. Cook the Rice

Add the **Brown Rice** to the boiling water and simmer uncovered over medium heat for about 30 minutes. Drain, and then return to the pot. Cover and let sit 5 minutes.

*We cook our brown rice like pasta. Make sure the water is boiling and you're good to go. Remember: brown rice has a firmer texture than white rice.*

### 4. Cook the Chicken

While the rice is cooking, toss the sliced chicken and **Red Onion** with 1 Tbsp of oil and season with salt and pepper (we recommend 1/4 tsp of each). Spread on a rimmed baking sheet and cook until no pink is showing on the outside of the chicken, about 5 to 8 minutes.

Add the **Broccoli** to the pan and cook until bright green, but still crisp, about 5 minutes. Add the **Cream Sauce** and stir to coat the chicken and broccoli. Cook just until it bubbles, about 2 minutes, and then add the **Cheddar Cheese** and mix to incorporate. Cook until the cheese has melted into the sauce and everything is hot, about 3 to 5 minutes. Season with salt and pepper to taste.

### 5. Put It All Together

Serve the brown rice topped with the cheddar chicken and enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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

## Meals for Good: Tomato Corn Chowder

Chef Carla Hall of Top Chef and The Chew fame shares a soup she created at her first restaurant job out of culinary school. Hints of cumin and oregano give a Mexican flair to a southern classic that's unconventional and soul satisfying. We know you'll love it as much as we did!

**40** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Large Saucepan or  
Stockpot  
Blender or Food  
Processor

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 5 MEEZ CONTAINERS

Onions & Garlic  
Sweet Potatoes  
Tomatoes  
Corn  
Tortilla Chips

### Make The Meal Your Own

**This is a great make-ahead dinner.** Make the soup up to 3 days in advance. When you're ready to eat, just pour into a saucepan, reheat and serve topped with tortilla chips.

**Omnivore's Option** – Bacon is a great addition. Dice it and cook it with the onions and garlic.

### Good To Know

**Health snapshot per serving** – 520 Calories, 10g Protein, 15g Fat, 90g Carbs, 14 WW+ Points

**Lightened up snapshot** – 380 Calories, 10g Fat and 10 WW+ points using only half of the tortilla chips.

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

INGREDIENTS: Tomatoes, Corn, Sweet Potato, Tortilla Chips, Red Onion, Lime Juice, Garlic, Herbs and Spices

*meez* meals

### 1. Cook the Onions and Sweet Potatoes

Heat 2 Tbsp oil in a large saucepan or stockpot over high heat. Add the **Onions & Garlic** and cook until starting to brown, 5 to 7 minutes. Add the **Sweet Potatoes** and cook, stirring, until just starting to brown, about 5 minutes.

### 2. Make the Broth

Add the **Tomatoes** and 1½ cup water to the saucepan. Bring the soup to a boil, reduce to a simmer and cook until hot and slightly thickened, about 7 to 10 minutes.

Add the **Corn** to the soup and cook until hot throughout, about 5 to 7 more minutes. Taste the broth and season with salt and pepper until the soup is to your liking.

### 3. Puree and Finish the Soup

Transfer half of the cooked soup to the bowl of a food processor or blender. Process until the soup is smooth. Once smooth, stir the smooth soup back into the remaining chunky soup in your saucepan.

Serve the soup topped with **Tortilla Chips**. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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



# 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 June 28

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

# Fresh Guacamole

5 Minutes to the Table

5 Minutes Hands On

## Getting Organized

### EQUIPMENT

Mixing Bowl

### FROM YOUR PANTRY

Salt & Pepper

### 3 MEEZ CONTAINERS

Avocado

Fresh Salsa

Tortilla Chips

## Put It All Together

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 remaining salsa. Serve the guacamole with the **Tortilla Chips**. Enjoy!

## Good to Know

### **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: Avocado, Tortilla Chips, Tomatoes, Onion, Lime Juice, Cilantro, Olive Oil, Spices

Prepare by June 28

**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

meezmeals

## 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 June 28

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

## Quick Tips

### *Deep Dish Mushroom and White Cheddar Frittata*

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<b>60 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 350 and grease your pan.

**Omnivore Option** Bacon is perfect for this dish.

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

### *Thai Red Curry Soup*

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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** Put a saucepan of water on to boil.

**Omnivore Option** Shrimp is great with this.

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

### *Summer Farfalle with White Wine Braised Artichokes*

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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** Put a large saucepan of water on to boil.

**Omnivore Option** Sliced chicken breast goes great with this.

**From Your Pantry** You'll need olive oil, salt, & pepper; butter optional.

### *Loaded Mozzarella and Balsamic Glazed Tomato Quesadilla*

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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.

**Meal Tip** Use two pans to cook tomatoes and spinach at the same time.

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

### *Grilled Romaine and Steak Salad*

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<b>15 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 400 degrees.

**Meal Tip** If it's too hot out, make the croutons in the toaster oven.

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



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### *Blackened Baja Salmon and Avocado Tacos*

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<b>30 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!

**Picky Eaters Tip** Serve their fish without the Cajun seasoning.

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

### *Broccoli Cheddar Chicken Bake*

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<b>35 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat the oven to 400 & boil a pot of water.

**Make Ahead Tip** Cook the brown rice in advance.

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

### *Meals for Good Tomato Corn Chowder*

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<b>40 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.

**Omnivore Option** Bacon is a great addition.

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

## Have you tried our Meals for Good?

We've partnered with the charity Common Threads to teach children the joy and benefits of cooking delicious and healthy food. The country's top chefs donate a recipe, and we deliver the ingredients prepped and ready to go, with the proceeds benefiting Common Threads.

You cook a special meal from scratch. Kids discover the joy of cooking. That's the magic of Meez.

## Health Snapshot

<b>Mushroom Frittata</b>	<b>Summer Farfalle</b>	<b>Loaded Quesadilla</b>	<b>Thai Red Curry Soup</b>	<b>Grilled Romaine &amp; Steak Salad</b>
570 Calories	580 Calories	785 Calories	370 Calories	900 Calories
30 g Protein	20 g Protein	30 g Protein	20 g Protein	65 g Protein
30 g Fat	15 g Fat	30 g Fat	10 g Fat	50 g Fat
50 g Carbs.	70 g Carbs.	100 g Carbs	40 g Carbs.	45 g Carbs.
5 g Fiber	10 g Fiber	10 g Fiber	5 g Fiber	10 g Fiber
870 mg Sod.	1,750 mg Sod.	960 mg Sodium	1,065 mg Sod.	1,050 mg Sod.
15 WW+ Points	13 WW+ Points	21 WW+ Points	8 WW+ Points	23 WW+ Points
60% Calcium	40% Vitamin C	350% Vitamin A	150% Vit. A	380% Vitamin A
40% Vitamin D	40% Vitamin A	195% Vitamin C	85% Vit. C	170% Vitamin C
35% Vitamin A	30% Vitamin B6	118% Folate	15% Calcium	70% Vitamin B12

### Lighten Up Option

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

<b>Frittata</b>	<b>Farfalle</b>	<b>Quesadilla</b>	<b>Curry Soup</b>	<b>Steak Salad</b>
<i>½ cheese</i>	<i>½ cheese and pasta</i>	<i>1 tortilla, ¾ mozzarella</i>	<i>No changes</i>	<i>No bread, parm and ½ dressing</i>
485 Calories	495 Calories	390 Calories	370 Calories	475 Calories
20 g Fat	15 g Fat	20 g Fat	10 g Fat	25 g Fat
13 WW+ Points	11 WW+ Points	15 WW+ Points	8 WW+ Points	12 WW+ Points



## Health Snapshot

<b>Baja Salmon Tacos</b>	<b>Broccoli Cheddar Bake</b>	<b>Tomato Corn Chowder</b>	<b>Caesar Salad</b>	<b>Fresh Guacamole</b>	<b>Italian Quesadilla</b>
595 Calories	660 Calories	520 Calories	960 Calories	315 Calories	770 Calories
30 g Protein	40 g Protein	10 g Protein	40 g Protein	5 g Protein	35 g Protein
30 g Fat	40 g Fat	15 g Fat	50 g Fat	20 g Fat	40 g Fat
50 g Carbs.	30 g Carbs.	90 g Carbs.	90 g Carbs.	30 g Carbs.	75 g Carbs.
10 g Fiber	20 g Fiber	10 g Fiber	15 g Fiber	10 g Fiber	10 g Fiber
1,810 mg Sod.	700 mg Sod.	475 mg Sodium	1,380 mg Sod.	35 mg Sod.	1,715 mg Sod.
16 WW+ Points	17 WW+ Points	14 WW+ Points	25 WW+ Points	9 WW+ Points	16 WW+ Points
100% Vitamin A	110% Vitamin C	280% Vitamin A	595% Vitamin A	20% Folate	120% Vitamin C
75% Vit. B-6	40% Vitamin B-6	90% Vitamin C	170% Vitamin C	20% Vitamin C	75% Calcium
60% Vit. B-12	40% Vitamin A	40% Vitamin B6	140% Folate	20% Vitamin B6	35% Vitamin B6

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<b>Tacos</b>	<b>Bake</b>	<b>Chowder</b>	<b>Salad</b>	<b>Guacamole</b>	<b>Quesadilla</b>
½ avocado & coleslaw dressing	No cheddar, ½ rice	½ tortilla chips	No changes	No changes	1 tortilla
465 Calories	500 Calories	380 Calories	960 Calories	315 Calories	480 Calories
20 g Fat	30 g Fat	10 g Fat	50 g Fat	20 g Fat	20 g Fat
12 WW+ Points	13 WW+ Points	10 WW+ Points	25 WW+ Points	9 WW+ Points	10 WW+ Points

These are our best estimates for a single serving based on the recipes as written. The actual nutritional information may vary a bit. And, of course, if you have leftovers, the actual numbers will be lower.