

Stove-Top Mediterranean Calzone

The River Cottage cookbook introduced us to the magic of stove-top calzones, and we've never looked back. They're made by cooking flatbread dough on a skillet, then folding it over hot ingredients to create a dinner that's speedier, and less carb heavy, than a classic calzone. We're making a Mediterranean version this week with broccoli, cauliflower and goat cheese with a tasty Mediterranean sumac vinaigrette. Yum!

35 Minutes to the Table

15 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
Large Skillet or Griddle

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Spiced Chickpeas
Broccoli Slaw
Whole Wheat Dough
Goat Cheese
Sumac Vinaigrette

Make The Meal Your Own

Omnivore's Option – Chef Max loves ground lamb with this recipe. Roast it with the chickpeas.

Cooking with a picky eater? Kids love calzones. If yours aren't fans of the sumac vinaigrette, marinara would be another great choice.

Good To Know

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

If you're not a fan of goat cheese, we've sent you cream cheese, instead.

Be sure to roll your dough to ½" thickness or thinner, so it cooks evenly.

Health snapshot per serving – 645 Calories, 30g Fat, 30g Protein, 65g Carbs, 16 WW+ Points

Lightened up snapshot – 490 Calories, 20 g Fat and 12 WW+ Points when you leave out the goat cheese.

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

INGREDIENTS: Broccoli Slaw, Chickpeas, Whole Wheat Dough, Goat Cheese, Dates, Olive Oil, Cider Vinegar, Green Onions, Brown Sugar, Spices, Garlic

meezmeals

1. Getting Organized

Preheat your oven to 400.

2. Make the Filling

Add 1 Tbsp of olive oil to the **Spiced Chickpeas** bag and shake to mix, then pour on to a rimmed baking sheet. Arrange in a single layer and cook for 5 minutes.

Add the **Broccoli Slaw** to the baking sheet and mix well. Drizzle with more olive oil, salt and pepper, and bake until the broccoli is golden brown in places, about 18 to 25 minutes.

3. Make the Calzones

After you add the broccoli slaw to the baking sheet, heat a large skillet or griddle over high heat with 1 Tbsp of oil. As it's heating, cut and roll out your **Whole Wheat Dough** into personal-size rounds.

When your pan is smoking hot, put one round of dough into the skillet. Cook for 2 minutes, until bubbly on top with some brown (or black) spots. Flip and cook until the other side has some dark patches as well, 1 to 2 minutes. Transfer to a plate and spread some of the **Goat Cheese** on top.

Fill the calzone with the hot veggies. Shake the **Sumac Vinaigrette** in the bag to combine and then drizzle over top, and fold the dough over the filling. We like to lay a small pan or a plate on top to keep it closed while we cook the rest of the calzones. Enjoy!

We target 1/2" thick pieces, but the actual size is up to you.

Turn on your stove fan while the calzone is cooking, otherwise your smoke detector may go off.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by July 5

Udon Noodle Salad with Sriracha Roasted Brussels Sprouts

Asian flavors bring out the best in Brussels sprouts. Especially when you roasted them with our sweet & spicy sriracha sauce, which gives them a magical flavor we just can't resist. Paired with organic tofu, udon noodles and roasted peanuts, this noodle salad is a perfect addition to any summer feast. (And just as delicious hot as it is cold.)

30 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Saucepan
- Rimmed Baking Sheet
- Large Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Brussels Sprouts
- Tofu
- Udon Noodles
- Soy Lime Sauce
- Sriracha
- Peanuts

Make The Meal Your Own

We love to eat this as a cold noodle salad, but if you want to eat right away, it's just as delicious served hot.

Cooking with a picky eater? Keep the ingredients separate and let everyone create their own bowl.

Omnivore's Option – Pork is right at home in this dish. Cook it first and toss it with the tofu and sprouts.

Good To Know

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

Health snapshot per serving – 690 Calories, 20g Fat, 45g Protein, 125g Carbs, 22 WW+ Points

Lightened up snapshot – 495 Calories, 20g Fat and 16 WW+ points with half the udon noodles.

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

INGREDIENTS: Brussels Sprouts, Tofu, Udon Noodles, Lime, Gluten-Free Soy Sauce, Brown Sugar, Sriracha, Peanuts

meez meals

1. Getting Organized

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

1. Roast the Brussels Sprouts & Bake the Tofu

Put the **Brussels Sprouts** on to a rimmed baking sheet. Drizzle with olive oil, then arrange in a single layer. Bake for 15 minutes and then add the **Tofu** to the baking sheet. Cook until the Brussels sprouts are brown in places, about 10 additional minutes, flipping halfway through.

The crispiness level is up to you. Jen likes her sprouts on the crispy side, while Chef Max prefers them a little soft.

2. Cook the Udon

Add the **Udon Noodles** to the boiling water and cook until the udon is just soft, about 5 to 7 minutes, then drain.

3. Put It All Together

Put the **Soy Lime Sauce** into a large mixing bowl along with 1 to 2 Tbsp olive oil and **Sriracha** to taste. Stir it all up, and then add the sprouts and tofu when they come out of the oven.

Chill the udon noodle salad until ready to eat. Season with salt and pepper to taste and serve topped with **Peanuts**. Enjoy!

If you want to eat right away, this dish is also delicious served hot.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Cook by July 5

Summer Gnocchi with Mint-Basil Pesto

There's something about the combination of mint and basil that tastes like summer. We're pairing it with delicious toasted gnocchi, roasted sweet potato and toasted coconut. Hands free. Make ahead. It's the ultimate backyard BBQ dish.

30 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- 2 Rimmed Baking Sheets
- Serving Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

4 MEEZ CONTAINERS

- Sweet Potatoes
- Whole Wheat Gnocchi
- Coconut
- Mint Pesto

Make The Meal Your Own

We love serving this dish cold as a fresh riff on pasta salad. Toast the coconut while the gnocchi are cooking, but set it aside as a last minute topper before you serve. If you want to eat right away, this dish is just as delicious served hot.

Kids and picky eaters tip – This is a crowd-pleasing recipe! If you have someone who doesn't love the pesto, though, serve their portion with plain olive oil.

Omnivore's Option – Chicken breast chunks are a great choice for this dish. Cook them with the butternut squash.

Good To Know

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

Health snapshot per serving – 395 Calories, 10g Fat, 10g Protein, 65g Carbs, 10 WW+ Points

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

INGREDIENTS: Sweet Potato, Whole Wheat Gnocchi, Coconut, Olive Oil, White Wine, Basil, Brown Sugar, Mint, Garlic

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1. Getting Organized

Preheat your oven to 400.

2. Roast the Sweet Potatoes

Put the **Sweet Potatoes** on a rimmed baking sheet and drizzle with olive oil, salt and pepper. Cook until just soft enough to bite through, about 20 minutes.

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

3. Toast the Gnocchi

Add the **Whole Wheat Gnocchi** to the baking sheet with the sweet potatoes. Mix well and cook until the gnocchi is golden brown and the potatoes are caramelized, about 10 to 15 minutes, stirring halfway through.

4. Toast the Coconut

When the gnocchi and sweet potatoes are about 5 minutes from being done, spread the **Coconut** on a separate baking sheet. Bake the coconut for 3 to 5 minutes, stirring after 2 minutes, until golden brown.

Keep an eye on the coconut - its natural oils can burn quickly.

5. Put It All Together

Transfer the gnocchi and sweet potatoes to a bowl. Toss together with half of the **Mint Pesto** and season with salt and pepper to taste.

Chill until ready to eat. Top with toasted coconut before serving.

If you want to eat right away, this dish is just as delicious hot.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by July 5

Cilantro-Lime Rice with Avocado & Toasted Chickpeas

One of our favorite rice bowls. We're making a cilantro-lime rice with plenty of avocado for a mellow dinner inspired by the flavors of Mexico's Yucatan Peninsula. (Think Caribbean blue water, sandy beaches and fresh margaritas.) Toasted chickpeas and sautéed kale round out this delicious dinner just right for a summer's night.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Saucepan
Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Rice
Avocado
Lime
Kale
Seasoned Chickpeas
Cilantro-Lime Crema

Make The Meal Your Own

Omnivore's Option – Pulled chicken breast is delicious in this recipe. Roast it with the chickpeas and kale.

Cooking with a picky eater? This dish is a crowd pleaser. If your picky eater doesn't love kale, try serving it with sweet potatoes or sautéed peppers.

Good To Know

If you're making the vegan version, we've left the sour cream out of your crema. A little vegenaïse or soy yogurt would add nice creaminess, or just add an extra drizzle of olive oil.

Health snapshot per serving – 580 Calories, 25g Fat, 15g Protein, 17 WW+ Points

Lightened up snapshot – 500 Calories, 20g Fat and 13 WW+ Points with half of the avocado.

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

INGREDIENTS: Chickpeas, Kale, Avocado, Lime, Rice, Sour Cream, Onion, Cilantro, Garlic, Spices

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1. Getting Organized

Put a saucepan of water on to boil.

2. Make the Rice

Add the **Rice** to the boiling water with a pinch of salt. Simmer on medium-low heat until tender, about 15 to 20 minutes. Set aside.

Cut the **Avocado** in half. Mash half in a bowl, then add to the rice and mix in. Slice the other half and save as a topper for the final dish.

3. Toast the Chickpeas and Sauté the Kale

Once the rice is cooking, heat 2 Tbsp of olive oil in a large skillet over medium-high heat. Add the **Seasoned Chickpeas** and cook until crispy and browned, about 10 minutes.

Add the **Kale** and cook until it turns bright green, about 3 to 5 minutes.

4. Put It All Together

Serve the chickpeas and kale over the rice, and top with the sliced avocado. Cut the **Lime** into wedges and have everyone squeeze over their own plates. Top with **Cilantro-Lime Crema** to taste. Enjoy!

We like our kale firm. If you prefer yours soft, cook it for a few extra minutes.

*Love this recipe? *meezmagic*

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by July 5

Athenian Chicken Skewers

We told Chef Max that we were craving the flavors of Greece, but wanted a summery spin. He got to work on these delicious skewers. Grilled free-range chicken gets a Greek flair with a yogurt tahini sauce, and then it's served up over a cucumber & tomato salad. It's just right for a hot summer's night.

25 *Minutes to the Table*

25 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Mixing Bowl
Grill Pan, Outdoor Grill
or Broiler

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Kabob Sticks
Seasoned Vinegar
Cucumbers & Tomatoes
Chicken Breast
Yogurt Sauce

Make The Meal Your Own

This is a versatile dish that can be made using a grill pan, outdoor grill or broiler. We recommend a grill pan for uniform cooking and quick cleanup, but regardless of which method you use, cook the chicken on high 4 to 6 minutes per side and let rest on a covered plate.

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 – 355 Calories, 10g Fat, 45g Protein, 20g Carbs, 9 WW+ Points

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

INGREDIENTS: Free-Range Chicken Breast, Cucumber, Grape Tomatoes, Greek Yogurt, Lime Juice, Red Wine Vinegar, Green Onion, Tahini, Parsley, Brown Sugar, Herbs & Spices

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1. Get Organized

Soak your **Kabob Sticks** in a bowl of water.

2. Make the Vegetable Salad

Pour the **Seasoned Vinegar** into a mixing bowl and whisk in 2 Tbsp of olive oil. Add the **Cucumbers & Tomatoes** and stir to coat. Season with salt and pepper to taste. Set aside.

3. 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 diagonally into long strips, about 1/4-1/2" wide.

Thread the chicken strips on to the kabob sticks. Once the chicken is on the kabob sticks, 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).

4. Grill the Chicken

Heat 2 Tbsp of oil on a grill pan over high heat. Using a paper towel, wipe down the grill pan to remove any excess oil, leaving a thin coat on the bottom of the pan. Place the chicken skewers on the grill and cook until the bottom is browned, about 4 to 6 minutes. Flip the skewers and continue cooking until the chicken is browned on all sides, 4 more minutes. Remove the skewers to a plate and cover with foil. Let rest 5 minutes.

5. Put It All Together

Add 1 to 3 Tbsp water to the yogurt sauce and stir to incorporate. Serve the cucumber and tomato salad topped with chicken skewers and yogurt sauce.

The veggie salad is best at room temperature, so leave it out while you cook.

It's okay to have the kabob stick go through each chicken strip in more than one place - it helps it stay on while grilling.

It's important to let the chicken rest to ensure it stays moist.

Start with 1 Tbsp of water and add more until the sauce is a consistency you like.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by July 3

Southwestern Salmon with Fresh Corn Salsa

Get ready for a flavor sensation! Wild-caught salmon seasoned with zesty Southwestern spices, then topped with a fresh corn and tomato salsa. We're serving it up over cauliflower "rice", for a speedy low carb meal.

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 July 2

Sirloin Roja

This week's family favorite. We're taking our classic red enchilada sauce and marrying it with the deep rich flavors of sirloin steak and kale. Baked up with quinoa and Mexican cheese, it's a hands-free casserole everyone will love.

30 Minutes to the Table

10 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Casserole Dish

FROM YOUR PANTRY

Salt & Pepper

6 MEEZ CONTAINERS

Quinoa
Sirloin
Kale
Beans & Tomatoes
Enchilada Sauce
Asadero Cheese

Make The Meal Your Own

Leftovers Tip – The leftovers from this dish make a delicious taco or burrito filling.

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

Tongs are the best tool to use for flipping the beef since they give you the most control and you'll be able to flip each piece quickly. If you don't have tongs, you can use a spatula, just be sure to work quickly.

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 – 550 Calories, 20g Fat, 50g Protein, 40g Carbs, 13 WW+ Points

Lightened up snapshot – 450 Calories, 20g Fat and 11 WW+ points with ½ the cheese.

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

INGREDIENTS: Grass-Fed Beef, Prepared Enchilada Sauce, Kale, Tomatoes, Asadero Cheese, Quinoa, Black Beans, Cilantro, Garlic, Herbs and Spices

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1. Getting Organized

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

2. Cook the Quinoa

Add the **Quinoa** to the boiling water and cook for 6 to 8 minutes. Drain and set aside.

3. Make the Casserole

While the quinoa is cooking, combine the **Kale, Beans & Tomatoes** and **Enchilada Sauce** in a casserole dish. Bake, stirring occasionally, until the kale shrinks down a bit and starts to crisp, about 7 to 10 minutes. (You'll want to stir about every 3 to 4 minutes to prevent the kale from burning or getting too crisp on the edges). Add the cooked quinoa to the casserole and stir to incorporate. Continue baking until bubbling, about 7 to 10 more minutes.

This works in everything from a loaf pan to a 10x10 casserole dish.

4. Cook the Beef

While the casserole is baking, heat a dry skillet over high heat. While the skillet is heating, pat the **Sirloin** dry with a towel and season 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**, flip it, give it a good stir and then immediately remove from the heat and let rest for 5 minutes.
- **If you prefer your beef medium**, flip it and continue cooking for 30 to 45 seconds (about 1 ½ minutes total cook time) until fully browned. Remove from the heat and let rest for 5 minutes.
- **If you prefer your beef medium-well or well done**, flip it and continue cooking for 1 minute. Remove from the heat and let rest for 5 minutes.

If you have a digital timer or a stopwatch, use it while you cook the beef - a minute goes by faster than you think.

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

5. Put It All Together

Sprinkle the **Asadero Cheese** over the top of the casserole and bake until the casserole is bubbling around the edges and the cheese is melted, about 5 more minutes. Serve the casserole topped with the sirloin.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by July 3

South Carolina Cabbage Slaw

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

2 MEEZ CONTAINERS

Carrots & Cabbage

Carolina Dressing

Put It All Together

Put the **Carrots & Cabbage** into a large bowl and add the **Carolina Dressing**.

Toss well, then put into the refrigerator to chill.

Good to Know

This dish is best a little chilled. Make it at least 15 minutes in advance, or up to 2 hours.

Health Snapshot per serving (serves 2 as a side)

320 Calories, 30g Fat, 10g Carbs, 8 WW+ Points

Have Questions?

We're standing by at 773.916.6333

INGREDIENTS: Carrots, Celery, Red Cabbage, White Cabbage, Mayonnaise, White Wine Vinegar, Lemon, Brown Sugar, Herbs & Spices

Prepare by July 5

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

Mexican Grilled Corn on the Cob

15 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Grill or Broiler Pan

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

3 MEEZ CONTAINERS

Corn on the Cob

Spiced Lime Aioli

Queso Fresco

Put It All Together

Grill the **Corn on the Cob** using your favorite method. Chef Max recommends oiling the grill, then grilling the cobs for 5 minutes on each side, and loosely covering the corn with foil for one more minute. Slather with the **Spiced Lime Aioli** and sprinkle **Queso Fresco** on top.

Good to Know

Health Snapshot per serving (serves 2 as a side)

450 Calories, 30g Fat, 30g Carbs, 12 WW+ Points

Have Questions?

We're standing by at 773.916.6339

INGREDIENTS: Corn, Queso Fresco, Mayonnaise, Lime Juice, Spices

Prepare by July 5

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

Texas BBQ Beans

10 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Saucepan

FROM YOUR PANTRY

Salt & Pepper

Olive Oil

2 MEEZ CONTAINERS

Spiced Beans

BBQ Sauce

Put It All Together

Heat 1 Tbsp of oil in a skillet on medium-high heat. Add the **Spiced Beans**. Cook for 2 to 3 minutes, stirring, then add 1/4 cup of water and bring to a boil. Add the **BBQ Sauce**, lower heat to a simmer and cook, stirring occasionally, until hot throughout, about 5 minutes.

Good to Know

Health Snapshot per serving (serves 2 as a side)

220 Calories, <5 g Fat, 10 g Protein, 5 WW+ Points

Have Questions?

We're standing by at 773.916.6339

INGREDIENTS: Beans, Onion, BBQ Sauce, Brown Sugar, Garlic, Spices

Prepare by July 5

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

Cajun Cauliflower

30 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Mixing Bowl
Baking Sheet

FROM YOUR PANTRY

Salt & Pepper
Vegetable Oil

3 MEEZ CONTAINERS

Cajun Spice
Cauliflower
Lime Yogurt

Make This Meal Your Own

Cooking with picky eaters? Our Cajun spice packs a punch, so skip it on their portion.

Good to Know

Health Snapshot per serving (serves 2)

145 Calories, 35g Carbs, 10g Protein, 4 WW+ Points

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

INGREDIENTS: Cauliflower, Greek Yogurt, Brown Sugar, Lime Juice,
Herbs and Spices

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1. Getting Started

Preheat your oven to 400.

2. Roast the Cauliflower

In a large bowl, combine the **Cajun Spice** with 3 Tbsp of vegetable oil and mix well. Add the **Cauliflower** to the spiced oil and toss to coat. Spread the cauliflower in a single layer on a baking sheet and roast until spices turn black and cauliflower is caramelized on the edges, about 20 to 25 minutes.

3. Put It All Together

Use tongs to remove cauliflower to a serving dish and top with **Lime Yogurt** to taste. Enjoy!

Love this recipe? #meezmagic

Cook by July 5

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

Quick Tips

Stove Top Mediterranean Calzone

35 Min to Table	15 Min Hands On	2 Whisks Easy
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Getting Started Preheat your oven to 400.

Omnivore Option Ground lamb is great in this dish.

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

Cilantro Lime Rice with

Avocado and Toasted Chickpeas

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Put a saucepan of water on to boil.

Omnivore Option Pulled chicken breast is delicious in this meal.

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

Udon Noodle Salad with Sriracha Roasted Brussels

30 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 450 & put water on to boil.

Omnivore Option Pork is right at home in this dish.

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

Summer Gnocchi with Mint Basil Pesto

30 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 400.

Omnivore Option Chicken breast chunks are a great choice for this dish.

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

Athenian Chicken Skewers

25 Min to Table	25 Min Hands On	2 Whisks Easy
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Getting Started Soak your kabob sticks in a bowl of water.

Meal Tip This dish can be made using a grill pan, outdoor grill, or broiler.

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



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*Southwestern Salmon with
Fresh Corn Salsa*

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started No pre-work needed.

Meal Tip Add your favorite grain to bulk the meal up.

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

Sirloin Roja

30 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 375 & put a saucepan of water onto boil.

Leftovers Tip Leftovers make a delicious taco or burrito filling.

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

Traveling?

Just let us know. We'll deliver your meals on a special day.

Personal service. That's the magic of Meez.

Health Snapshot

Mediterranean Calzone

645 Calories
30 g Protein
30 g Fat
65 g Carbs.
15 g Dietary Fiber
690 mg Sodium

16 WW+ Points

325% Vitamin C
80% Vitamin A
25% Calcium

Udon Noodle Salad

690 Calories
45 g Protein
20 g Fat
125 g Carbs.
15 g Fiber
2,100 mg Sodium

22 WW+ Points

420% Vitamin A
90% Folate
80% Vitamin C

Summer Gnocchi

395 Calories
10 g Protein
10 g Fat
65 g Carbs.
10 g Fiber
725 mg Sodium

10 WW+ Points

210% Vitamin A
40% Vitamin C
15% Calcium

Cilantro Lime Rice

580 Calories
15 g Protein
25 g Fat
80 g Carbs.
15 g Fiber
485 mg Sodium

17 WW+ Points

320% Vitamin A
130% Vitamin C
25% Calcium

Chicken Skewers

355 Calories
45 g Protein
10 g Fat
20 g Carbs.
< 5 g Fiber
125 mg Sod.

9 WW+ Points

50% Vitamin B6
45% Vitamin C
15% Vitamin B12

Lighten Up Option

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

Calzone

No cheese

490 Calories
20 g Fat
12 WW+ Points

Udon Salad

Half the udon

495 Calories
20 g Fat
16 WW+ Points

Gnocchi

No changes

395 Calories
10 g Fat
10 WW+ Points

Rice

¾ rice

500 Calories
20 g Fat
13 WW+ Points

Chicken Skewers

No changes

355 Calories
10 g Fat
9 WW+ Points

Health Snapshot

Southwestern Salmon	Sirloin Roja	SC Cabbage Slaw	Mexican Grilled Corn	Texas BBQ Beans	Cajun Cauliflower
500 Calories	550 Calories	320 Calories	450 Calories	220 Calories	145 Calories
40 g Protein	50 g Protein	< 5 g Protein	10 g Protein	10 g Protein	10 g Protein
30 g Fat	20 g Fat	30 g Fat	30 g Fat	< 5g Fat	< 5 g Fat
25 g Carbs.	40 g Carbs.	10 g Carbs.	30 g Carbs.	45 g Carbs.	35 g Carbs.
5 g Fiber	10 g Fiber	< 5 g Fiber	5 g Fiber	10 g Fiber	10 g Fiber
745 mg Sodium	855 mg Sod.	245 mg Sodium	455 mg Sod.	640 mg Sod.	85 mg Sod.
13 WW+ Points	13 WW+ Points	8 WW+ Points	12 WW+ Points	5 WW+ Points	4 WW+ Points
100% Vitamin C	130% Vitamin A	75% Vitamin A	25% Vitamin C	45% Folate	185% Vitamin C
90% Vitamin B6	55% Vitamin B12	35% Vitamin C	20% Calcium	20% Vitamin C	75% Vitamin A
90% Vitamin B12	40% Vitamin C	10% Vitamin B6	10% Vitamin A	15% Vitamin B6	35% Folate

Lighten Up Option

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

Salmon	Sirloin Roja	Slaw	Corn	BBQ Beans	Cauliflower
No changes	½ the cheese	No changes	No changes	No changes	No changes
500 Calories	450 Calories	320 Calories	450 Calories	220 Calories	145 Calories
30 g Fat	20 g Fat	30 g Fat	30 g Fat	< 5 g Fat	< 5 g Fat
13 WW+ Points	11 WW+ Points	8 WW+ Points	12 WW+ Points	5 WW+ Points	4 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.