

Summer Vegetable Salad with Parmesan Vinaigrette

Getting Organized

EQUIPMENT

Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

3 MEEZ CONTAINERS

Summer Vegetables

Toasted Almonds &

Cranberries

Parmesan

Vinaigrette

Good to Know

Health Snapshot per serving (serves 1)

450 Calories, 30g Fat, 6g Protein, 15 Freestyle Points

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

5 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

INGREDIENTS: Zucchini, Squash, Cranberry, Almond, Parmesan, Vinegar, Lemon, Mint, Garlic, Dijon, Black Pepper

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1. Finish the Dressing

Mix the ***Parmesan Vinaigrette*** and 1½ Tbsp olive oil in a small bowl.

2. Toss and Serve

Place the ***Summer Vegetables*** in a large mixing bowl, add half the Parmesan Vinaigrette and a little salt and pepper and toss.

Taste and add additional dressing as needed. Serve topped with the ***Toasted Almonds and Cranberries***. Enjoy!

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