

Asiago Confetti Salad

5 *Minutes to the Table*

5 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Kale

Bell Pepper

Nuts & Cranberry

Asiago Vinaigrette

Purple Cauliflower

Good to Know

Health Snapshot per serving (serves 1)

320 Calories, 25g Fat, 24g Carbs, 6g Protein, 10 Freestyle Points

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

INGREDIENTS: Kale, Bell Peppers, Cauliflower, Pecan, Walnut, Cranberry, Asiago, Olive Oil, White Wine Vinegar, Lemon, Garlic, Miso, Black Pepper.

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1. Assemble the Salad

Combine the **Kale**, **Bell Peppers**, and **Nuts & Cranberries** in a large mixing bowl. Add $\frac{3}{4}$ of the **Asiago Vinaigrette** dressing and toss well.

2. Finish and Serve

Taste and add additional Asiago Vinaigrette and salt and pepper as needed. Serve topped with the **Purple Cauliflower**. Enjoy!

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