

Peach & Chipotle Glazed Salmon

Chipotle glaze, peach coulis, black beans, hominy, zucchini and corn salsa, make this a full-flavored, low-calorie, 15-minutes-to-the-table gem.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

6 MEEZ CONTAINERS

Seasoned Hominy &

Black Beans

Zucchini, Tomato &

Peppers

Salmon

Honey Chipotle Sauce

Cucumber Corn Salsa

Peach Coulis

Good to Know

Health snapshot per serving – 440 Calories, 5g Fat, 80g Carbs, 23g Protein, and 13 Freestyle Points.

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

INGREDIENTS: Salmon, Hominy, Black Beans, Honey, Yellow Bell Pepper, Tomato, Zucchini, White Peach Puree, Corn, Cucumber, Lime, Orange, Red Onion, Chipotles in Adobo, Tamari, Garlic, Cilantro, Cumin, Coriander

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1. Cook the Veggies

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Seasoned Hominy & Black Beans** and cook until they just start to become tender, about 2 minutes. Add the **Zucchini, Tomato & Peppers** with a sprinkle of salt and pepper. Cook, stirring occasionally, until the peppers just start to soften, an additional 4 to 5 minutes. Transfer to serving plates and wipe out the skillet.

2. Cook the Salmon

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Pat dry the **Salmon** with a paper towel. When the oil is hot, add the salmon and cook until it turns brown, about 4 minutes. Flip the salmon and add the **Honey Chipotle Sauce**. Continue cooking, spooning the sauce on top of the salmon continuously, until the sauce is thick enough to coat the back of a spoon, about 4 additional minutes. Remove from the heat.

3. Put It All Together

Serve the glazed salmon over the beans and veggies and top with the **Cucumber Corn Salsa**. Drizzle the entire dish with the **Peach Coulis** and enjoy!

Instructions for two servings.

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