

SCARLET & GOLD

healthy recipes - breakfast

BLUEBERRY BANANA BREAKFAST BREAD

From the kitchen of: Scarlet & Gold

Serves: 8-10

Cook time: 35-45 minutes

Cook temp: 350°

INGREDIENTS:

- 2 ripe bananas, mashed
- 2 eggs at room temperature
- 3 tablespoons coconut oil melted & cooled
- 3 tablespoons maple syrup (honey or agave will work too)
- Splash of vanilla extract
- 2 cups almond flour (other flour substitutes are not recommended)
- 1 teaspoon baking powder
- 1/2 tsp sea salt
- 1 cup of fresh blueberries (can substitute or add nuts or chocolate chips)

DIRECTIONS:

- Preheat oven to 350 and line a loaf pan with parchment paper (or spray with non-stick spray).
- Add mashed banana, melted coconut oil, maple syrup and vanilla in a medium bowl and mix with a spoon or a mixer until combined.
- Add flour, baking powder and salt, mix until well combined.
- Gently stir in blueberries (save a few to sprinkle on top).
- Pour into prepared pan and bake for 35-45 minutes.

Extra tip: heat one slice in the microwave and top with Greek yogurt, nut butter, or granola for a yummy treat!!!

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MUESLI FOR ONE

From the kitchen of: Scarlet & Gold

Serves: 1

INGREDIENTS:

- 1/2 cup muesli
- 1/2 cup vanilla soy milk
- 1 scoop of plain Greek yogurt
- pinch of salt
- 1 cup of berries
- sliced almonds (any nut will work)

DIRECTIONS:

- Mix all ingredients, except fruit in a mason jar or bowl and store in the refrigerator overnight.
- The next morning top with fresh mixed berries or sliced banana.
- Add any other toppings you like!

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BAKED BANANA BREAD PUDDING

From the kitchen of: Scarlet & Gold

Serves: 8-10

Cook time: 20 minutes

Cook temp: 375 °

INGREDIENTS:

- 1 banana (half mashed and half to top)
- 1 slice of whole grain bread (cubed)
- 1/4 cup of vanilla soy milk (or any milk of choice)
- 1/4 cup of oats
- dash of sea salt
- 1/2 tsp honey
- 1/2 tsp vanilla extract
- 1/2 tsp cinnamon
- dark chocolate chips (optional, but who doesn't love a little chocolate to start their day?)
- 1/2 tbsp almond or peanut butter (also optional)

DIRECTIONS:

- Preheat oven to 375 and lightly grease an individually sized oven-safe dish.
- Slice bread into 1 inch cubes.
- Combine mashed banana, milk, honey, cinnamon, vanilla and salt in a small mixing bowl.
- Mix until well combined.
- Pour bread cubes into the mixture and lightly press them down with a fork so they absorb the liquid. Add oats and gently stir until everything is fully combined. If the mix seems dry, add an extra splash of milk.
- Transfer the mixture to your prepared dish (cue chocolate chips here if you want a more decadent breakfast). You can also add the other half of your banana, sliced. Or you can use it as a topping after the bake is done.
- Bake for 20 minutes until bake has set and the top is golden brown.
- Remove from, oven, let cool, and top away!

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GREEN GODDESS BOWL

From the kitchen of: Scarlet & Gold

Cook time: 25-30 minutes

Serves: 1

Cook temp: 400°

INGREDIENTS:

- spinach
- 1/2 cup herbed quinoa
- 1/2 cup cooked chicken
- 3/4 roasted brussel sprouts and onions
- 1/4 an avocado

Yogurt dressing:

- 1/4 cup plain Greek yogurt
- 2 tbsp spicy dijon
- 1 tbsp dill, chopped
(can be substituted with thyme or rosemary)
- 2 tbsp chives, chopped
- 1 1/2 tsp honey

DIRECTIONS:

Quinoa Instructions:

- Cook quinoa according to package instructions.
- When finished, add salt, pepper and any herb of choice to taste.

Brussels and onions Instructions:

- Preheat oven to 400 and grease a baking dish or sheet pan.
- Cut brussel sprouts in half long ways and slice onions.
- Pour the sliced veggies into your pan. Make sure they are all spread out and have their own little space. Lightly drizzle with olive oil and toss the veggies around to coat evenly.
- Cook for 25-30 minutes or until desired darkness is reached.

Yogurt dressing Instructions:

- Mix all ingredients, salt and pepper to taste.

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WHITE CHICKEN CHILI

From the kitchen of: Scarlet & Gold

Serves: 8-10

Cook time: 20 minutes

Cook temp: medium heat

INGREDIENTS:

- 2 tbsp extra-virgin olive oil
- 1 onion, chopped
- 3 cloves garlic, chopped
- 2 jalapeño peppers
(1 diced, 1 halved; remove seeds for less heat)
- 1 poblano chili pepper, seeded and chopped
- 1 tbsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp dried oregano
- 1/4 tsp ground allspice
- 2 lbs. cooked shredded chicken
- Kosher salt and freshly ground pepper
- 2 - 15 oz. cans white navy beans (do not drain)
- 1 4 oz can chopped green chilies (do not drain)
- 2 cups low-sodium chicken broth

DIRECTIONS:

- Heat the olive oil in a large Dutch oven or pot over medium heat.
- Add the onion, garlic, both jalapeños (only add one if you don't like things very spicy), the poblano, cumin, coriander, oregano and allspice.
- Cook, stirring occasionally, until the vegetables are softened and the spices are toasted, about 7 minutes.
- Add the chicken, 1 tsp salt and a few grinds of pepper. Cook, stirring with a wooden spoon, about 5 minutes.
- Add the beans, canned chilies, chicken broth and 1 1/4 cups water; bring to a boil.
- Reduce the heat to medium low and simmer, stirring occasionally, until slightly thickened, for about 40 minutes.
- Remove the halved jalapeño from the chili and stir in all but a few tablespoons of the cilantro; season with 1/2 tsp salt and a few grinds of pepper. Serve with assorted toppings, the reserved cilantro and lime wedges.

Extra tip: If you can make this soup the day before and let it sit overnight before you serve, do it! This allows for all of the flavors to meld together, the soup will be much more flavorful!

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AVOCADO CHICKPEA SALAD WITH HOMEMADE PITA CHIPS

From the kitchen of: Scarlet & Gold

Cook time: 10-20 minutes

Serves: 5-6

Cook temp: 350°

INGREDIENTS:

- 1 can chickpeas, rinsed and drained
- 2 avocados, diced
- 1/3 cup chopped parsley
- 2 tbsp green onion, thinly sliced
- 1/3 cup feta cheese
- Juice of 1 lime
- Salt and pepper, to taste
- 1 bag of whole grain pita bread
- olive oil
- crazy jane seasoning

DIRECTIONS:

Instructions for salad:

- Combine all the ingredients in a large bowl and stir gently, making sure not to mash the avocados and feta.
- Season with salt and pepper to taste.

Instructions for pita chips:

- Preheat oven to 350
- Pita bread has a big air pocket in the center, split the pockets into two rounds. They should split easily but you can drag a knife around the edges if you need to.
- Cut your rounds into triangles.
- Arrange triangles onto a sheet pan, making sure they aren't touching.
- Drizzle pita chips with about a tablespoon of olive oil per pan you fill up.. You don't need a lot of oil.
- Sprinkle with crazy Jane salt. If you've never heard of this before, it's your lucky day. This stuff is pure gold! It is a salt and herb mixture and can be found in the grocery store with the spices.
- Cook for 10- 20 minutes, or until desired crunchiness is achieved.
- Enjoy with the salad/dip mixture!

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CAULIFLOWER FRIED RICE

From the kitchen of: Scarlet & Gold

Cook time: 3-4 minutes

Serves: 3

Cook temp: high heat

INGREDIENTS:

- 1 tbsp + 1 tsp sesame oil
(or olive oil if that's what you have)
- 2 eggs
- approximately 1 head cauliflower
(about 4 cups)
- 1/2 cup frozen mixed vegetables
(peas, carrots, corn)
- 2 green onions
- 1/4 cup diced yellow onion
- 3 cloves garlic, minced
- salt and pepper
- 3 tbsp soy sauce

DIRECTIONS:

- Combine 1 tsp sesame oil with eggs in a bowl then whisk to combine and set aside. Chop cauliflower head into big chunks then send through a food processor fitted with the grating attachment. Alternatively you could grate the cauliflower on a box grater. Measure out 4 cups grated cauliflower then save the rest for another use. (You can also find "pearled cauliflower" in some grocery stores, which is a great short cut!)
- Heat remaining 1 tbsp oil in a wok or large nonstick skillet over high heat. Add cauliflower, yellow onions, and frozen mixed vegetables then stir fry until cauliflower is just beginning to turn tender, 3-4 minutes. Add garlic, season with salt and pepper, and then continue to stir fry until garlic is fragrant, 30 seconds or so.
- Push mixture to the sides of the wok to create an opening in the center then add the eggs and scramble. Toss mixture to combine then drizzle in gluten-free Tamari and mix again to combine. Serve hot.
- Feel free to get creative with this dish! Shrimp, chicken, or any meat you like would work well with this recipe!
- Mushrooms or broccoli would be a great addition as well!

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HERBED SALMON BURGERS WITH YOGURT SAUCE

From the kitchen of: Scarlet & Gold

Cook time: 7-8 minutes

Serves: 4-5

Cook temp: medium-high heat

INGREDIENTS:

- 16 oz fresh skinless salmon
- 1/2 red onion, minced
- 1 tbsp dill, chopped
- 1 tbsp prepared horseradish
(optional but recommended!)
- 1/2 tsp honey
- 1 1/2 tsp sea salt
- 1/2 tsp pepper

Ingredients for sauce:

- 1/2 cup plain Greek yogurt
- 2 tbsp spicy dijon
- 1 tbsp dill, chopped
(can be substituted with thyme or rosemary)
- 2 tbsp chives, chopped
- 1 1/2 tsp honey

DIRECTIONS:

- In a small bowl, combine yogurt, spicy dijon, dill, chives, and honey. Set aside.
- Cut salmon into 1/2 inch cubes and transfer to a food processor. Pulse 5 times.
- Add onion, dill, horseradish, honey, salt, and pepper and pulse a few more times to combine.
- Form mixture into 4 or 5 patties.
- Drizzle small amount of olive oil into frying pan and heat pan to medium-high. Cook patties for 3-4 minutes until browned. Flip and cook another 3-4 minutes until browned.
- Serve on your favorite multi-grain bread with yogurt dill sauce, arugula and tomato.

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SWEET POTATO WEDGES

From the kitchen of: Scarlet & Gold

Serves: 1-2

Cook time: 20-30 minutes

Cook temp: 425°

INGREDIENTS:

- 1 medium/large sweet potato
- 1 tbsp olive oil
- 1 egg white
- 1/2 tsp vanilla extract
- sprinkle of cinnamon
- dash of sea salt

DIRECTIONS:

- Preheat oven to 425 and grease a sheet pan or glass baking dish.
- Peel desired amount of skin off of the potatoes (if you like the skin you can leave it on).
- Cut the potatoes into wedges of medium thickness.
- In a medium mixing bowl, whisk together olive oil, egg white and vanilla extract.
- Put the wedges into the bowl and toss to evenly coat.
- Lay the wedges onto your sheet pan, making sure each one has its own space. Pour remains oil/egg mixture over the wedges.
- Sprinkle with desired amount of cinnamon and bake for 20-30 minutes, depending on how thick your wedges are.
- When they are out of the oven, drizzle with honey and sprinkle with salt (a MUST)
- Let cool for 5 minutes and enjoy!!!

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OOOY GOOEY BAKED BANANA BOATS

From the kitchen of: Scarlet & Gold

Serves: 1

Cook time: 10-12 minutes

Cook temp: 350°

INGREDIENTS:

- 1 banana
- 1 tbsp dark chocolate chips
- 1 tbsp all natural peanut butter
- 1 tbsp salted peanuts
- Scoop of vanilla bean Halo Top (optional but highly recommend)

If you haven't discovered Halo Top yet then you're welcome!

This stuff is magical, but not all grocery stores sell it.

DIRECTIONS:

- Preheat oven to 350.
- Take a piece of tin foil and roll up the edges until you have built little walls for your banana to sit in between.
- Place the banana in the foil and make sure it won't tip over.
- Make a slit longways down the banana, only cutting it half deep.
- Place each of the chocolate chips into where you cut the banana.
- Drizzle over the peanut butter and sprinkle the peanuts on top.
- Transfer your beautiful little foil boat on a sheet pan and bake for 10-12 minutes.
- Remove from oven, place in desired dish, top with Halo Top and enjoy!

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DARK CHOCOLATE STRAWBERRY PARFAIT

From the kitchen of: Scarlet & Gold

Serves: 1

INGREDIENTS:

- 1/4 cup plain Greek yogurt
- 1/4 cup of vanilla Greek yogurt (I recommend Dannon)
- 1 1/2 tbsp of cocoa powder
- a pinch of sea salt
- 1 cup chopped strawberries
- 1/4 cup of favorite granola
- dark chocolate chips if you're really feeling it today

DIRECTIONS:

- In a small bowl combine both yogurts, cocoa powder and sea salt. Mix until fully combined.
- Slice strawberries (if you can let the sliced strawberries sit for an hour or so. This step isn't make or break but they will become sweeter and create their own little syrup.)
- In a clear dish (so that you can see all the pretty layers of course) scoop in half of the yogurt mixture, then half of the strawberries, then half of the granola. Repeat this one more time and top with chocolate chips if you chose to use them.