

Lucky®

EAT LIKE WARRIORS.

Official Grocery Partner of the Golden State Warriors



BANANA "ICE CREAM"

2 cups Ripe chopped and then frozen bananas

Ground Sunny Select cinnamon

Mixed berries for topping

Simply place the frozen chopped bananas in the blender or food processor and you have instant healthy "ice cream"

The taste is incredible!

See Upcoming Eat Like Warriors Cooking Segment for Full Cooking Segment

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QUINOA SALAD

Salad Ingredients:

1-2 Cups Cooked Yellow Pearl Quinoa
1 Persimmon Sliced
1/2 Cup Roasted Brussel Sprouts
Handful Dried Cranberries

Vinaigrette Salad Dressing Ingredients:

1 Small Chopped Shallot
1 Clove Minced Garlic
1 tbs Honey
Juice of 1 lemon
1/4 Cup Mezzetta Olive Oil
Salt and Pepper to Taste
Wisk Dressing Ingredients Together

Top Salad with 1 Cooked Chicken Breast seasoned with vege-sal seasoning or other herb seasoning with no MSG

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GAME DAY PASTA

Pasta Sauce:

Into a Sautee Pan, add in:

2 TSP Mezzetta Olive Oil

1/2 Diced Yellow Onion

4 Cloves of Chopped Garlic

1/2 - 1 Whole Eggplant

Add Pinches of Sea Salt and Pepper After Each Added Vegetable

1 1/2 Cup of Barefoot Red Wine

Pinch of Thyme, 2 Bay Leaves (remove after sauce is cooked)

2 Pinches of Chopped Basil

1 can tomatoes (San Marzano whole or smooth) (Blend Well)

2 TSP of Sunny Select Tomato Paste

Squeeze in Lemon Juice

2 TSP of Brown Sugar

2 Cups of Spinach

Pasta:

1 Box Spaghetti or Penne – Follow cooking instructions on pasta

Combine Pasta Sauce and Pasta. Enjoy!

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STEAK AND ROASTED ROOTS

Roasted Roots:

2 Large Carrots Cubed

1 Parsnip Cubed

1 Large Russet Potato Cubed

Drizzle of Mezzetta Olive Oil to Coat

1 tbsp Garlic Paste

1 Sprig Fresh Thyme

Salt and Pepper to Taste

Mix all ingredients together and roast at 425 for 15-20mins

Steak:

Choose a Filet or Ribeye

1 Sprig Rosemary

2 Cloves Garlic

2 tbs Mezzetta Olive Oil

Salt and Pepper

Oven Safe Pan or Cast Iron

Sear each side of the filet in the pan on high for 1-2 minutes. Place herbs and garlic into the pan and finish off in the oven for 8-10 mins.

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