



my viva®



# THANKSGIVING RECIPES



# my VIVA®



## Thanksgiving Recipes

### **Marbled Sweet Potato Garlic Mash**

This recipe combines both sweet potatoes and yellow potatoes to create a creamy and flavourful side dish – perfect for your holiday meal.

### **Oven-Roasted Vegetable Salad**

Our unique salad features autumn vegetables that are slow roasted to bring out their natural sweetness, then drizzled with a creamy avocado dressing.

### **Turkey and Sweet Potato Shepherd's Pie**

Our Shepherd's Pie is the perfect recipe to use up leftover Thanksgiving turkey and mashed sweet potatoes.

### **Thyme and Orange Infused Cranberry Sauce**

This cranberry sauce recipe is quick and easy to prepare and is the perfect accompaniment for your Thanksgiving meal.

# Marbled Sweet Potato Garlic Mash

 8 servings (3/4 cup per serving)

## Ingredients:

- 4 cups peeled sweet potato, diced
- 2 cups unpeeled yellow potato, diced
- 1/3 cup plain Greek yogurt (2%)
- 4 tbsp salted butter
- 2 cloves minced garlic
- 1/4 cup chopped green onions
- 2 tbsp chopped fresh parsley
- 1/2 tsp salt
- 1/4 tsp pepper



## Preparation:

1. Cook sweet potatoes and yellow potatoes in boiling water until tender. Drain well.
2. Mash sweet potato and yellow potato just until smooth. Set aside.
3. In a small frying pan, heat butter over medium heat. Add garlic and green onions and cook until softened, about 3 minutes. Add to potatoes.
4. Stir in Greek yogurt, salt and pepper. Stir just until combined. Do not overmix. Top with chopped parsley. Enjoy!

Nutritional analysis per serving: 203 calories, 6 g fat, 4 g protein, 34 g carbohydrate (29 g available carbohydrate), 5 g fibre, 271 mg sodium

My Viva Servings: 2 grains, 1 fat

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# Oven-Roasted Vegetable Salad

 4 servings

## Ingredients:

- 3 cups cubed peeled butternut squash
- 1 cup diced red bell pepper
- 1 lb. Brussels sprouts, trimmed and halved
- 2 tbsp olive oil
- 2 tsp dried oregano
- ½ tsp fresh ground black pepper
- ¼ tsp salt
- 4 cups spinach
- 1 medium apple, cut into matchsticks

### Avocado Dressing

- 1 medium avocado, peel and pit removed
- 1 clove minced garlic
- 2 tbsp lime juice
- ½ tsp lime zest



## Preparation:

### Salad

1. Preheat oven to 400°F.
2. In a large bowl, combine squash, bell pepper, Brussels sprouts, olive oil, oregano, pepper and salt. Toss to coat vegetables evenly.
3. Transfer vegetables to a large rimmed baking sheet, spreading evenly in a single layer. Bake, stirring once halfway through baking time, for about 40 - 45 minutes, or until vegetables are tender and lightly browned.

### Avocado Dressing

4. To make dressing, add avocado, garlic, lime juice and zest to a blender and purée until mixture is smooth and creamy. If needed, add lukewarm water to adjust consistency.

### Assembly

5. To assemble salads, place 1 cup spinach on each plate and top with roasted veggies, dividing equally. Top with apple matchsticks and a drizzle of avocado dressing.
6. Serve and Enjoy!

Nutritional analysis per serving: 272 calories, 13 g fat, 8 g protein, 40 g carbohydrate (26 g available carbohydrate), 14 g fibre, 209 mg sodium

My Viva Servings: 1 grain, 4 vegetables, 3 fats

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# Turkey and Sweet Potato Shepherd's Pie

 6 servings (2 cups per serving)

## Ingredients:

- 3 unpeeled medium potatoes, diced
- 1 unpeeled medium sweet potato, diced
- 2 tbsp butter
- 1 cup finely chopped onion
- 1 ½ cups finely chopped celery
- 2 cups finely chopped carrots
- 2 cloves minced garlic
- 3 medium tomatoes, diced
- 3 cups diced turkey
- 1 tsp dried thyme
- 1 tsp dried basil
- ½ tsp salt
- ½ tsp freshly ground pepper
- 2 cups no-salt-added chicken broth, divided
- 2 tbsp cornstarch
- Fresh chopped parsley, to garnish



## Preparation:

1. Preheat oven to 350°F.
2. Cook potatoes and sweet potatoes in boiling salted water until tender. Drain well and mash. Set aside and cover to keep warm.
3. Heat butter in a large pot over medium heat. Add onion, celery and carrots. Cook until onion is soft and translucent. Add garlic and cook until fragrant, about 1 - 2 minutes.
4. Add tomatoes, turkey, thyme, basil, and salt and pepper. Stir to combine.
5. Add 1 ¾ cups broth to pot. Bring to a simmer, stirring occasionally, over medium-high heat until turkey is cooked through and vegetables are tender, about 5 - 10 minutes.
6. In a bowl, whisk together remaining ¼ cup chicken broth and cornstarch.
7. Slowly add cornstarch mixture to pot and cook, stirring, until mixture is thickened, about 4 - 5 minutes.
8. Transfer turkey and vegetable mixture to a lightly greased 9 x 13 inch pan. Top with mashed potato mixture and spread evenly.
9. Bake until heated through, about 15 - 20 minutes. If desired, broil for 2 - 3 minutes to lightly brown the potatoes. Garnish with fresh parsley and enjoy!

\*Meal prep tip: make ahead and freeze for up to 3 months. To re-heat: thaw in the refrigerator then bake at 350°F covered with aluminum foil for 30 minutes. Uncover and bake for 10 minutes.

Nutritional analysis per serving: 310 calories, 9 g fat, 21 g protein, 38 g carbohydrate (32g available carbohydrate), 6 g fibre, 466 mg sodium

My Viva Servings: 2 grains, 3 proteins, 2 vegetables, 1 fat

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# Thyme and Orange Infused Cranberry Sauce

 8 servings (2 tbsp per serving)

## Ingredients:

- $\frac{3}{4}$  cup water
- $\frac{1}{4}$  cup honey
- Juice of one medium orange (about  $\frac{1}{3}$  cup)
- 1 tsp orange zest
- 2 sprigs fresh thyme
- 4 cups cranberries



## Preparation:

1. Add water, honey, orange juice, orange zest and thyme to a medium pot.
2. Bring to a boil over medium heat. Reduce heat to low and add cranberries.
3. Cook, stirring occasionally, until cranberries begin to burst and sauce thickens slightly, about 10 – 12 minutes.
4. Remove thyme sprigs and set aside to cool. The sauce will continue to thicken as it cools.
5. Serve and enjoy!

Nutritional analysis per serving: 60 calories, 0 g fat, 0 g protein, 16 g carbohydrate (14 g available carbohydrate), 2 g fibre, 1 mg sodium

My Viva Servings: 1 fruit

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