

FESTIVE SEASON 2020



my viva®



HOLIDAYS AT HOME

FESTIVE RECIPES



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Festive Recipes

Butternut Squash Soup

This comforting soup is pureed for a smooth and silky consistency and full of flavour from garlic, onions and spices. A perfect winter soup to warm you up.

Warm Beet Salad with Citrus Dressing

This green salad looks as festive as it tastes! Roasted beets provide a touch of sweetness while fresh herbs and feta cheese add a ton of flavour.

Balsamic Pork with Thyme-Cherry Compote

This roasted pork tenderloin recipe is elevated by the decadent caramelized shallot and cherry compote. If you are serving a group with a heartier appetite, this recipe can easily be doubled.

Vegetarian entrée option: Christmas Lentil Loaf

A wonderful option for vegetarians and meat eaters alike, this shallot and balsamic-glazed lentil loaf is a hearty and flavourful entrée for your holiday table.

Garlic Kale Mashed Potatoes with Goat Cheese

A holiday classic. This variation on a traditional dish features goat cheese for added creaminess and kale for a beautiful presentation.

Molten Chocolate Cakes

Finish off your holiday meal with these decadent individual molten chocolate cakes. The best part of all? They can be made ahead and finished off just before serving.

Butternut Squash Soup

 6 servings (2 cups per serving)

Ingredients:

- 1 cup roughly chopped onion
- 1 cup roughly chopped carrot
- 1 cup roughly chopped cauliflower
- 2 cups peeled chopped butternut squash
- 3 cloves garlic, peeled and smashed
- 1 tbsp turmeric
- 1 tbsp cumin
- 1 tbsp fennel seeds
- ¼ tsp salt
- 1½ tsp dried parsley
- 1½ tsp dried oregano
- 8 cups no-salt-added vegetable broth
- ½ cup plain Greek yogurt (2%)



Preparation:

1. Add all ingredients except Greek yogurt to slow cooker and stir to combine. Cook for 4 hours on high or 8 hours on low.
2. Purée soup with an immersion blender until smooth. Alternatively, you may use a blender to purée the soup. (Note: If using a blender, allow soup to cool before blending! Do not attempt to blend hot soup in a blender.)
3. Stir in the Greek yogurt. Reheat soup over low heat.
4. Serve and enjoy!

Nutritional analysis per serving: 117 calories, 1 g fat, 4 g protein, 25 g carbohydrate (20 g available carbohydrate), 5 g fibre, 417 mg sodium

My Viva Servings: 1 grain, 1 vegetable

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Warm Beet Salad with Citrus Dressing

 4 servings (2½ cups per serving)

Ingredients:

- 2 large beets, tops trimmed
- ¼ cup water
- ¼ cup fresh orange juice
- 2 tsp orange zest
- 1 tbsp fresh lemon juice
- 2 tbsp extra-virgin olive oil
- 1 tsp Dijon mustard
- ¼ tsp salt
- ¼ tsp fresh ground black pepper
- 8 cups mixed greens
- ½ cup crumbled feta cheese, divided
- 4 tbsp fresh chopped basil, divided



Preparation:

1. Preheat oven to 450°F.
2. Place beets and ¼ cup water in an oven-safe baking dish.
3. Bake, covered, until beets are tender when pierced with a knife, about 45 - 55 minutes.
4. Set beets aside to cool. Peel beets and slice thinly.
5. In a small bowl, whisk together orange juice, orange zest, lemon juice, oil, mustard, salt, and pepper. Pour over sliced beets and stir gently to combine.
6. Divide mixed greens evenly between four serving plates. Top with beet mixture, dividing equally. Sprinkle with feta cheese and fresh basil. May be served warm or cold. Enjoy!

Nutritional analysis per serving: 200 calories, 11 g fat, 7 g protein, 20 g carbohydrate (14 g available carbohydrate), 6 g fibre, 534 mg sodium

My Viva Servings: 1 grain, 2 vegetables, 1 protein, 1 fat

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Balsamic Pork Tenderloin with Thyme-Cherry Compo

 4 servings (3 slices per serving)

Ingredients:

- 1 pork tenderloin (500 g), trimmed
- 2 tsp dried thyme
- 1 tsp coriander
- ¼ tsp salt
- 1 tsp ground black pepper
- 1 tbsp balsamic vinegar, divided
- 1 tbsp olive oil, divided
- ½ cup shallots, thinly sliced
- 2 cloves minced garlic
- 1½ cups roughly chopped pitted cherries, fresh or frozen
- 5 sprigs fresh thyme
- 2 tsp brown sugar
- ½ cup red wine



Preparation:

1. Preheat oven to 350°F.
2. In a small bowl, combine dried thyme, coriander, salt, pepper and 1 tsp balsamic vinegar and mix well.
3. Rub the spice and vinegar mixture over the pork tenderloin until evenly coated.
4. Heat ½ tsp olive oil in large fry pan over high heat. Add pork and cook until browned on all sides, about 3 – 4 minutes per side. Remove from heat and transfer to an aluminum foil-lined baking sheet.
5. Bake until internal temperature reaches 145°F, about 15 – 20 minutes.
6. Meanwhile, heat the remaining ½ tsp oil in a fry pan over medium heat.
7. Add the shallots, garlic and cherries. Cook until cherries and shallots are softened, about 5 – 8 minutes.
8. Add thyme, sugar, wine, and remaining 2 tsp balsamic vinegar.
9. Cook, stirring, until wine has almost evaporated and sauce is thickened, about 4 – 6 minutes. Remove thyme sprigs.
10. Remove pork from oven. Transfer to a cutting board and loosely cover with foil. Let stand for 10 minutes before slicing.
11. Serve pork with sauce and enjoy!

Nutritional analysis per serving: 333 calories, 10 g fat, 37 g protein, 17 g carbohydrate (15 g available carbohydrate), 2 g fibre, 234 mg sodium

My Viva Servings: 1 grain, 5 proteins

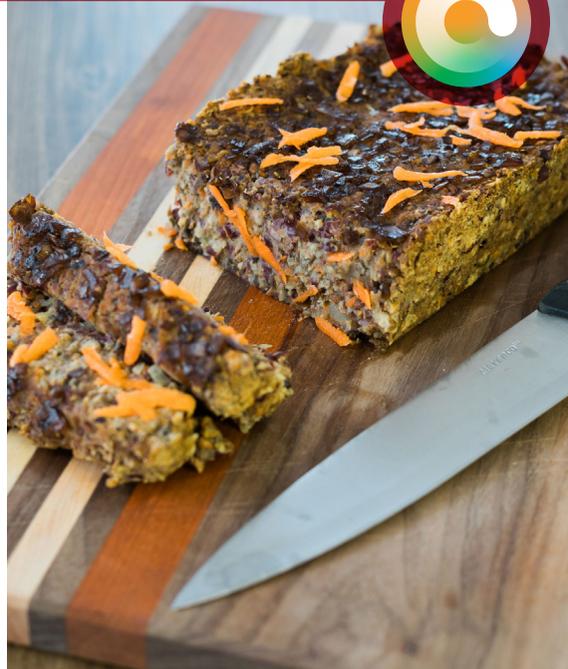
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Christmas Lentil Loaf

 6 servings (3/4 cup per serving)

Ingredients:

- 1 tbsp vegetable oil
 - ½ cup diced onion
 - 3 cloves minced garlic
 - 1 cup Portobello mushroom, small diced
 - ½ cup grated carrot
 - 1 can (540 mL) red kidney beans, drained and rinsed
 - 1 can (540 mL) lentils, drained and rinsed
 - 1 tbsp soy sauce
 - 1 tbsp dried sage
 - 1 tbsp dried thyme
 - 1 tbsp fresh chopped parsley
 - 4 tbsp nutritional yeast
 - ¼ - ½ cup rolled oats
- Glaze:
- 1 shallot, diced
 - 1 tbsp vegetable oil
 - 1 tbsp brown sugar
 - 3 tbsp balsamic vinegar
 - ½ cup red wine
 - ½ cup low sodium vegetable broth



Preparation:

1. Preheat oven to 350°F.
2. Heat oil in a fry pan over medium heat. Add onions and cook until softened, about 5 minutes.
3. Add garlic, mushrooms and carrots. Cook until softened and moisture is evaporated, about 5 minutes. Remove from heat and set aside to cool slightly.
4. Add beans to a large bowl and mash coarsely. Add lentils, soy sauce, sage, thyme, parsley, nutritional yeast, oats and cooked mushroom mixture. Mash mixture slightly and stir to combine. Do not over-mash.
5. Transfer mixture to parchment paper-lined loaf pan, pressing lightly to pack in to pan.
6. Bake for 40 minutes.
7. Meanwhile, to prepare glaze, heat oil in a small saucepan over medium heat. Add shallots and cook until starting to soften, about 2 minutes.
8. Add brown sugar, vinegar, wine and vegetable broth. Bring to a simmer. Reduce heat to medium-low and continue to simmer until thickened, about 7 - 10 minutes. Remove from heat and set aside to cool slightly.
9. Remove loaf from oven and spread evenly with shallot glaze. Return to oven for 5 minutes.
10. Serve and enjoy!

Nutritional analysis per serving: 187 calories, 4 g fat, 13 g protein, 28 g carbohydrate (20 g available carbohydrate), 8 g fibre, 228 mg sodium

My Viva Servings: 2 grains and starch, 2 proteins, 1 vegetable

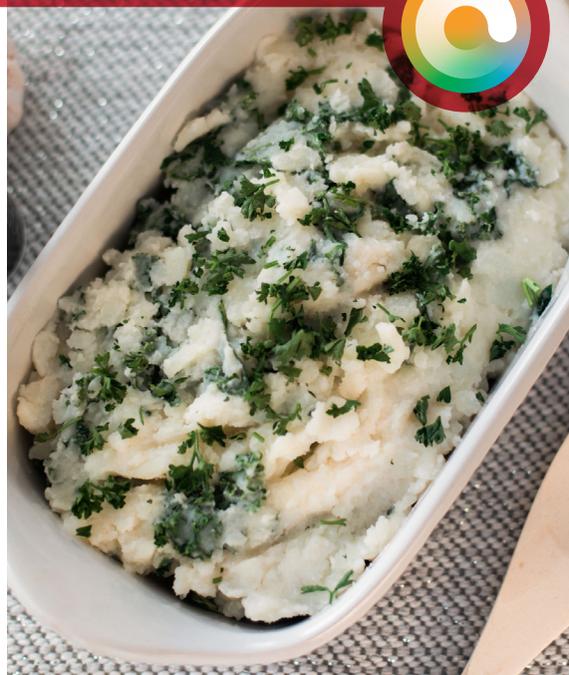
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Garlic Kale Mashed Potatoes with Goat Cheese

 4 servings (1 cup per serving)

Ingredients:

- 4 cups potatoes, peeled
- 1 tsp canola oil
- 4 cloves minced garlic
- 4 cups chopped kale, stems removed
- 1 cup milk (2%)
- 1/2 cup crumbled goat cheese



Preparation:

1. Boil peeled potatoes until tender. Drain and set aside in a large bowl, covering with a lid to keep warm.
2. Heat oil in a large fry pan over medium heat. Add garlic and kale. Cook over medium heat until kale is wilted, about 4 - 5 minutes. Remove from heat and set aside.
3. Mash potatoes and gradually incorporate milk. Do not over mash.
4. Add goat cheese and sauteed kale, stirring just until combined.
5. Serve and enjoy!

Nutritional analysis per serving: 444 calories, 16 g fat, 17 g protein, 58 g carbohydrate (52 g available carbohydrate), 6 g fibre, 241 mg sodium

My Viva Servings: 3 grains, 2 proteins, 1 vegetable, 2 fats

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Molten Chocolate Cakes

 6 servings (1 cake per serving)

Ingredients:

- ⅔ cup whole wheat flour
- ½ cup unsweetened cocoa powder
- 1½ tsp baking powder
- ¼ tsp salt
- 2 ripe bananas
- ½ cup granulated sugar
- 4 large eggs
- ½ tsp vanilla
- 2 tbsp butter
- ½ cup chopped good quality dark chocolate + 6 tsp (not chopped)
- powdered sugar to garnish (optional)



Preparation:

1. In a medium bowl, whisk together flour, cocoa powder, baking powder and salt. Set aside.
2. In another medium bowl mash bananas. Add sugar, eggs and vanilla and whisk well until mixture is frothy. Set aside.
3. Combine butter and chocolate in a glass bowl. Set bowl over saucepan of simmering water. Do not allow water to touch bowl. Stir mixture until chocolate is almost fully melted. Remove from heat.
4. Slowly pour melted chocolate mixture into egg mixture, whisking constantly. Gently fold in flour mixture. Pour into 6 greased ramekins.
5. Place 1 tsp chocolate into the centre of the batter in each ramekin, gently pressing chocolate so that it is fully immersed in the batter.
6. Cover and refrigerate for 1 hour.
7. Preheat the oven to 400°F and allow the cakes to sit at room temperature for 15 minutes before baking. Bake for 13 minutes.
8. Run a knife around the sides of the cakes to loosen them. Carefully invert ramekins onto serving plates to remove cakes and sprinkle with powdered sugar if desired.
9. Serve immediately and enjoy!

Nutritional analysis per serving: 351 calories, 15 g fat, 9 g protein, 53 g carbohydrate (47 g available carbohydrate), 6 g fibre, 266 mg sodium

My Viva Servings: Treats are just as the name suggests; they are a treat for you and meant to be enjoyed mindfully. We want most of your calories to come from nutrient-dense foods that nourish and support your body. Treats can be added in addition to your meal plan for the enjoyment and balance of life.

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