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# *Valentine's Day* RECIPES

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## Valentine's Day Recipes

### Roasted Beet Salad with Goat Cheese

Sweet, caramelized beets are complemented nicely with savoury, creamy goat cheese in this impressive salad.

### Blood Orange Glazed Chicken

Blood oranges are only in season for a short period of time – usually right around February. Seize the opportunity and try this delicious, unique entrée for Valentine's Day.

### Couscous Pilaf

This couscous pilaf is quick and easy to prepare and is a perfect accompaniment to the Blood Orange Glazed Chicken – a great way to soak up all the delicious sauce!

### Red Velvet Cupcakes

These cupcakes are the perfect dessert for your Valentine. They actually have beets in them, which provide the classic red colour (don't worry, you can't taste them!).

# Roasted Beet Salad with Goat Cheese

 6 servings (2 cups per serving)

## Ingredients:

- 4 medium beets, ends trimmed (see note)
- 1 tsp canola oil
- ½ cup pecans
- 1 tbsp pure maple syrup
- 6 oz goat cheese
- 1 large egg, whisked
- 1 cup dry breadcrumbs
- 2 tsp honey
- ½ tsp Dijon mustard
- 2 tbsp red wine vinegar
- ½ tsp minced shallots
- ½ tsp salt
- ¼ tsp pepper
- 3 tbsp canola oil
- 12 cups mixed greens



## Preparation:

1. Preheat oven to 350°F.
2. Wrap beets in aluminum foil and bake until tender when pierced with a knife, about 30 – 45 minutes.
3. Remove from oven and allow beets to cool slightly.
4. Once cooled enough to handle, peel and dice beets.
5. Heat oil in a fry pan over medium-low heat. Add beets and cook, stirring occasionally, until starting to caramelize, about 5 – 6 minutes.
6. Meanwhile, toast pecans in a small frypan over medium heat just until fragrant, about 5 – 6 minutes.
7. Add maple syrup to pecans and toss gently to coat. Remove from heat and set aside to cool.
8. Increase oven temperature to 450°F.
9. Roll the goat cheese into small balls. Dip each ball into whisked egg, then gently roll in breadcrumbs until coated evenly.
10. Transfer to a baking sheet and bake until lightly browned, about 8 minutes.
11. Meanwhile, to prepare dressing, combine honey, mustard, vinegar, shallots, salt, pepper and canola oil. Whisk well to combine.
12. Add dressing to mixed greens and toss to coat. Top with beets, goat cheese and pecans.
13. Serve and enjoy!

**Note: To save time, roast 2 extra medium beets and set them aside to make the Red Velvet Cupcakes for dessert!**

Nutritional analysis per serving: 284 calories, 17 g fat, 9 g protein, 27 g carbohydrate (19 g available carbohydrate), 8 g fibre, 309 mg sodium

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

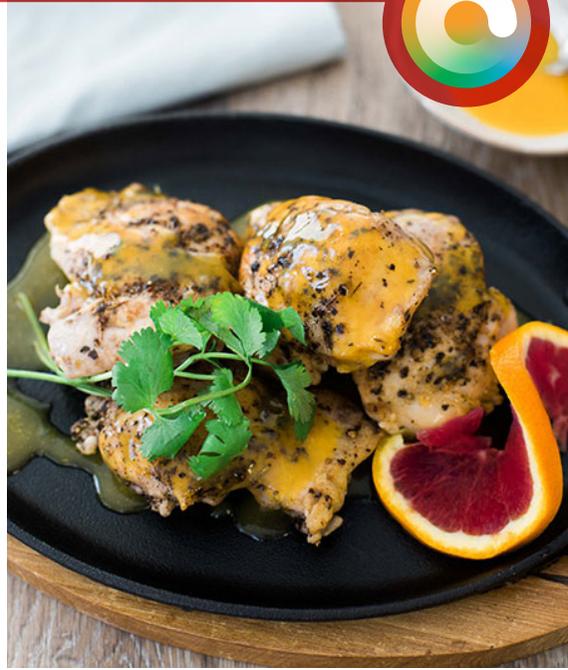
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# Blood Orange Glazed Chicken

 6 servings (2 thighs per serving)

## Ingredients:

- 1½ lb. boneless skinless chicken thighs
- ½ tsp salt
- ½ tsp pepper
- 1 tbsp dried herbes de Provence
- 2 tbsp olive oil
- ¾ cup fresh blood orange juice (or regular orange juice)
- ½ cup white wine (or low-sodium chicken broth)
- 2 tsp honey
- 1 tsp cornstarch
- 1 tsp blood orange zest
- 3 small blood oranges, sliced (or navel oranges)



## Preparation:

1. Season chicken thighs with salt, pepper and herbes de Provence.
2. Heat olive oil in a large pan over high heat and cook chicken thighs until browned on both sides, about 3 - 4 minutes per side. Reduce heat to medium. Continue cooking chicken.
3. Add blood orange juice, white wine and honey to a small sauce pot. Cook over medium-low heat until mixture has reduced and thickened slightly, about 8 minutes.
4. Remove some of the juices cooking from the chicken and into a small bowl. Add cornstarch and mix well. Pour the cornstarch mixture into the reducing glaze and stir.
5. Pour the glaze through a strainer over the chicken and add ½ tsp orange zest. Continue to cook until chicken thighs are cooked through.
6. Remove from heat and top with remaining ½ tsp orange zest. Serve with fresh orange slices on the side. Enjoy!

Nutritional analysis per serving: 263 calories, 10 g fat, 23 g protein, 15 g carbohydrate (13 g available carbohydrate), 2 g fibre, 100 mg sodium

My Viva Servings: 3 proteins, 1 fruit, 1 fat

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## Couscous Pilaf

 4 servings (½ cup per serving)

### Ingredients:

- 1 cup low sodium vegetable or chicken broth
- 2 tsp olive oil
- 1 tsp curry powder
- 1 tsp orange zest
- 1 small shallot, minced
- ⅔ cup whole wheat couscous
- 4 dried Medjool dates, pitted and chopped
- ¼ cup slivered almonds, toasted
- 1 tbsp fresh chopped mint
- 1 tbsp fresh chopped flat-leaf parsley



### Preparation:

1. In a small pot, bring broth to a boil. Reduce heat to low and keep hot.
2. Meanwhile, heat oil in a non-stick sauté pan over medium heat. Add curry powder and orange zest and cook until fragrant, about 1 minute.
3. Add shallot and sauté until translucent, about 2 - 3 minutes. Remove pan from heat.
4. Add couscous to sauté pan, then add broth. Cover and let sit for 5 minutes. (The pan should not be on the heat after the couscous and the liquid have been added. Only the heat from the stock is needed to cook the couscous.)
5. Fluff the couscous with a fork and add dates, toasted almonds, mint and parsley. Stir to combine.
6. Serve and enjoy!

Nutritional analysis per serving: 238 calories, 6 g fat, 6 g protein,  
45 g carbohydrate (38 g available carbohydrate), 7 g fibre, 42 mg sodium

My Viva Servings: 2 grains, 1 fruit, 1 fat

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# Red Velvet Cupcakes

 12 cupcakes

## Ingredients:

- 2 medium red beets (to make 3/4 cup of beet puree)
- 1/2 cup butter, softened
- 1/2 package (120 g) cream cheese, softened
- 1 cup granulated sugar
- 2 large eggs
- 1 tsp vanilla
- 1 cup all-purpose flour
- 3/4 tsp baking powder
- 1/2 tsp salt
- 1 1/2 tsp cocoa powder
- 1 cup lentil purée (1 1/2 cups cooked green lentils puréed with 2-3 tbsp water)

### Icing

- 1/2 package (120 g) cream cheese, softened
- 1/4 cup butter, softened
- 1/4 cup icing sugar
- 1/4 cup dark maple syrup



## Preparation:

1. Preheat oven to 350°F. Wash beets and trim off ends. Bake whole beets on a foil-lined baking sheet until tender when pierced with a knife, about 30 - 40 minutes. Note: Preparing the beets ahead of time will speed things up.
2. Once beets are cool enough to handle, peel and cut into large chunks. Place into food processor or blender and purée until smooth.
3. Add butter and cream cheese to a bowl of a stand mixer fitted with a flat beater attachment. Mix on medium speed until smooth. Add sugar and mix until fluffy. Add eggs and vanilla and mix until smooth.
4. In a separate bowl, whisk together flour, baking powder, salt, and cocoa powder.
5. Slowly add flour mixture to cream cheese mixture. Mix on low speed just until combined, or mix by hand.
6. Gently fold puréed lentils and puréed beets into mixture.
7. Pour batter into paper-lined muffin cups, filling each about 2/3 full. Bake until toothpick inserted in centres comes out clean, about 20 - 25 minutes. Allow cupcakes to cool completely on a wire rack.
8. Meanwhile, to prepare icing, whisk together cream cheese, butter, icing sugar and maple syrup in a medium bowl until light and fluffy. Top cooled cupcakes with icing.
9. Serve and Enjoy!

Nutritional analysis per serving: 297 calories, 15 g fat, 9 g protein, 33 g carbohydrate (30 g available carbohydrate), 3 g fibre, 330 mg sodium

My Viva Servings: 2 grains, 1 protein, 2 fats

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