

EASTER DAY 2021



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Easter

RECIPES



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Easter Recipes

Mixed Green Salad with Dill Dressing

The fresh flavour of the creamy dill dressing on this simple salad makes it a perfect side for a spring meal!

Sautéed Artichokes and Asparagus with Lemon and Dill

Asparagus is at its best in the spring! Its natural sweetness pairs wonderfully with the fresh lemon in this easy vegetable side dish.

Maple Mustard Salmon

This salmon has a quick and easy marinade that not only provides great flavour, it also allows you to prepare it a couple hours ahead of your meal so that all that's left to do is cook it!

Potato Salad

This potato salad features a Greek yogurt based dressing to lighten it up without compromising on flavour!

Key Lime Pie

The bright flavour of this key lime pie is a great choice to finish off a spring meal. As a bonus, it can be made completely in advance!



Mixed Green Salad with Dill Dressing

 4 servings (2 cups per serving)

Ingredients:

Dill Dressing:

- ½ cup low fat plain Greek yogurt
- ¼ cup fresh chopped dill
- 1 tbsp cider vinegar
- 1 tbsp olive oil
- 1 tbsp milk (1%)
- Pinch salt
- ½ tsp pepper

Salad:

- 8 cups mixed greens
- 4 large hard-cooked eggs, cooled and sliced
- 4 tbsp slivered almonds



Preparation:

1. To make dressing, whisk together yogurt, dill, cider vinegar, olive oil, milk, salt and pepper in a bowl.
2. Drizzle dressing over mixed greens and toss to coat.
3. Top with hard-cooked eggs and slivered almonds.
4. Serve and enjoy!

Nutritional analysis per serving: 180 calories, 12 g fat, 12 g protein, 6 g carbohydrates (3 g available carbohydrates) 3 g fiber, 143 mg sodium

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

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Sautéed Artichokes and Asparagus with Lemon and Dill

 4 servings (1½ cups per serving)

Ingredients:

- 1 bunch asparagus, ends trimmed
- 1 can (398 mL) artichoke hearts, drained
- 2 tsp canola oil
- 2 cloves minced garlic
- ½ lemon, sliced
- Pinch of salt
- ½ tsp freshly ground pepper
- 2 tbsp toasted pine nuts 1 tbsp fresh chopped dill



Preparation:

1. Cut asparagus in half crosswise and cook in boiling water just until starting to soften, about 3 - 4 minutes. Drain and set aside.
2. Meanwhile, cut artichoke hearts into quarters and pat dry with paper towels.
3. Heat oil in a medium fry pan over high heat. Add artichokes and cook until browned on one side, about 2 - 3 minutes.
4. Add asparagus, garlic, lemon slices, salt and pepper.
5. Cook until the asparagus is tender-crisp, about 3 - 4 minutes.
6. Sprinkle with toasted pine nuts and fresh dill.
7. Serve and enjoy!

Nutritional analysis per serving: 111 calories, 4 g fat, 6 g protein,
15 g carbohydrate (9 g available carbohydrate), 6 g fibre, 418 mg sodium

My Viva Servings: 3 vegetables, 1 fat

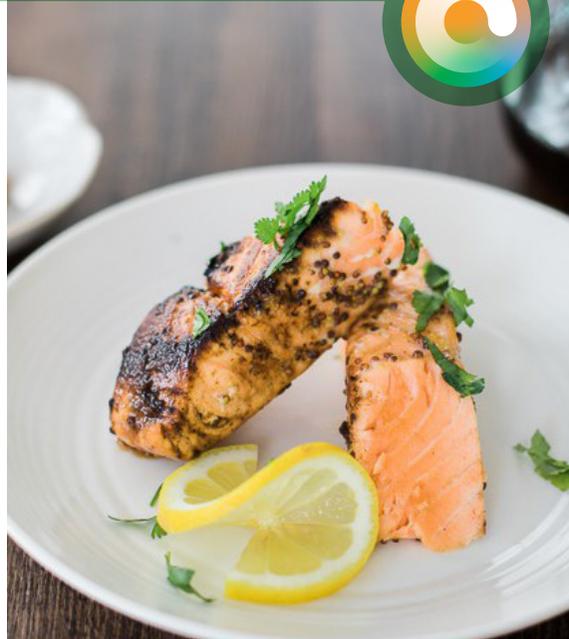
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Maple Mustard Salmon

 4 servings (5 oz. fillet per serving)

Ingredients:

- 1 tbsp pure maple syrup
- 2 tsp fresh lemon juice
- 1 tbsp grainy mustard
- ¼ tsp salt
- ¼ tsp fresh ground pepper
- 4 salmon fillets (5 oz. each)



Preparation:

1. Whisk together maple syrup, lemon juice, mustard, salt and pepper in a small bowl, then pour into a plastic resealable bag.
2. Add salmon fillets and seal bag while pressing out extra air in the bag. Marinate for 1-2 hours in the fridge or 30 minutes at room temperature.
3. Preheat oven to 400°F. Place marinated salmon on a baking sheet lined with parchment paper.
4. Bake until salmon flakes easily with a fork, about 10 - 15 minutes.
5. Serve and enjoy!

Nutritional analysis per serving: 207 calories, 7 g fat, 32 g protein,
4 g carbohydrate (4 g available carbohydrate), 0 g fibre, 334 mg sodium

My Viva Servings: 4 proteins

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Potato Salad

 10 servings (½ cup per serving)

Ingredients:

- 4 cups baby red potatoes, halved
- ½ cup chopped celery
- 2 tbsp thinly sliced green onions
- 2 tbsp Dijon mustard
- 2 tsp honey
- 1 cup plain Greek yogurt
- 2 tbsp cider vinegar
- 1 tbsp olive oil
- 2 tsp onion powder
- 2 tsp garlic powder
- ½ tsp cayenne pepper
- ½ tsp salt
- ½ tsp freshly ground pepper



Preparation:

1. Cook potatoes in boiling water until tender. Drain well and cool completely.
2. Transfer cooled potatoes to a large bowl and add celery and green onions.
3. In a small bowl, whisk together mustard, honey, yogurt, vinegar, oil, onion powder, garlic powder, cayenne, salt and pepper. Pour mixture over potatoes, stirring to coat.
4. Serve and enjoy!

Nutritional analysis per serving: 98 calories, 2 g fat, 4 g protein, 17 g carbohydrate (15 g available carbohydrate), 2 g fibre, 90 mg sodium

My Viva Servings: 1 grain

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Key Lime Pie

 10 servings

Ingredients:

Graham Crust:

- 1¼ cups graham crackers, broken
- 2 tbsp melted butter
- 1 tbsp granulated sugar
- Pinch of salt

Filling

- ½ cup cold water
- 1 envelope (7 g) unflavoured gelatin
- Zest and juice of 2 limes
- 1 can (300 mL) low fat sweetened condensed milk
- 1½ cups plain Greek yogurt



Preparation:

Graham Crust:

1. Preheat the oven to 375°F.
2. Combine graham crackers, butter, sugar and salt in a food processor and pulse until mixture resembles coarse crumbs.
3. Transfer mixture to a 9 inch pie pan and press into bottom and sides.
4. Bake for 8 minutes.

Filling:

5. Meanwhile, combine cold water and gelatin in a small saucepan and let sit for 2 minutes.
6. Once gelatin is softened, heat mixture over low heat and cook, stirring occasionally, until the gelatin is dissolved. Remove from heat and set aside to cool slightly.
7. In a medium bowl, combine lime zest, lime juice, yogurt and sweetened condensed milk. Whisk to combine. Whisk in gelatin mixture.
8. Gently pour the lime mixture into pie pan and refrigerate for at least 2 hours.
9. Serve and Enjoy!

Nutritional analysis per serving: 261 calories, 4 g fat, 12 g protein, 46 g carbohydrate (46 g available carbohydrate), 0 g fibre, 194 mg sodium

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

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