



my viva®



Father's Day

BEST DAD RECIPES



Menu Recipes

Pulled Pork Sliders

Pulled Pork is always a crowd favourite. This easy slow cooker recipe is perfect for an outdoor Father's Day meal. Try it topped with some Classic Coleslaw!

Classic Coleslaw

This coleslaw is quick and easy to prepare and is great served on the Pulled Pork Sliders or as a side dish.

Summer Citrus Salad

The combination of crisp fennel and bright citrus work perfectly to create this refreshing salad. Perfect for a summer meal!

Strawberry Rhubarb Crumble

Packed with delicious summer fruit, this crumble is the perfect way to finish off your Father's Day meal!

Pulled Pork Sliders

 12 servings

Ingredients:

- 4 lbs. boneless pork shoulder, excess fat trimmed
- 1 tsp paprika
- 1 tsp cumin
- 1 tsp dry mustard
- 1 tbsp brown sugar
- ¼ tsp salt
- 1 tsp canola oil
- ½ cup cider vinegar
- 3 tbsp tomato paste
- 1 tsp fresh ground pepper
- ½ cup barbecue sauce
- 24 slider buns



Preparation:

1. Cut pork shoulder into 6 – 8 pieces.
2. Combine paprika, cumin, dry mustard, brown sugar and salt in a small bowl. Rub spice mixture over pork, turning to coat evenly on all sides.
3. Heat oil in a fry pan over medium-high heat. Add pork and cook until browned on both sides, about 5 minutes per side. Remove from heat and set aside.
4. Add cider vinegar, tomato paste and 1 cup water to slow cooker. Stir to combine.
5. Add pork and cook on high heat setting for 4 hours or low heat setting for 8 hours.
6. Using two forks, shred pork. Add barbecue sauce and stir to coat.
7. Spoon pork onto buns and top with coleslaw.
8. Serve and enjoy!

Nutritional analysis per serving: 542 calories, 23 fat, 44 g protein, 47 g carbohydrate (45 g available carbohydrate), 2 g fibre, 511 mg sodium

My Viva Servings: 3 grains, 6 proteins, 1 fat

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Classic Coleslaw

 4 servings (1 cup per serving)

Ingredients:

- 4 cups coleslaw mix
- 2 tbsp mayonnaise
- 1 tsp white vinegar
- 1 tsp granulated sugar
- 1 tsp yellow mustard
- ½ tsp Worcestershire sauce
- ⅛ tsp salt
- ¼ pepper
- 1 tbsp fresh chopped parsley (optional)



Preparation:

1. Add coleslaw mix to a medium bowl and set aside.
2. In a small bowl, combine mayonnaise, vinegar, sugar, mustard, Worcestershire sauce, salt and pepper.
3. Add dressing to coleslaw mix and toss to coat. Sprinkle with fresh chopped parsley if desired.
4. Serve and enjoy!

Nutritional analysis per serving: 70 calories, 5 g fat, 1 g protein,
5 g carbohydrate (3 g available carbohydrate), 2 g fibre, 154 mg sodium

My Viva Servings: 2 vegetables, 1 fat

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Summer Citrus Salad

 4 servings (¾ cup per serving)

Ingredients:

- 1 grapefruit, peeled and white pith removed
- 1 orange, peeled and white pith removed
- ¼ cup finely chopped red onion
- 2 cups thinly sliced fennel
- 2 cups thinly sliced fennel
- 1 ripe avocado, sliced
- 1 tsp minced shallots
- 1 tsp grated orange zest
- 1 tbsp fresh orange juice
- 1 tsp minced fresh ginger
- 2 tbsp white wine vinegar
- 1 tbsp olive oil
- 1 tsp fresh ground pepper



Preparation:

1. Using a sharp knife, cut grapefruit and orange segments from membrane. Discard seeds.
2. In a large bowl, combine citrus segments, onion, fennel, avocado, shallots, orange zest, orange juice, ginger, vinegar, oil and pepper.
3. Stir gently to combine.
4. Serve and enjoy!

Nutritional analysis per serving: 188 calories, 9 g fat, 4 g protein, 27 g carbohydrate (18 g available carbohydrate), 9 g fibre, 94 mg sodium

My Viva Servings: 1 vegetable, 1 fruit, 2 fats

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Strawberry Rhubarb Crumble

 8 Servings (¾ cup per serving)

Ingredients:

For the Topping

- ¼ cup old fashioned oats
- ¼ cup wheat germ
- 4 tbsp ground almonds
- 3 tbsp brown sugar
- ¼ tsp salt
- 3 tbsp butter, room temperature

For the Fruit Filling

- 4 cups chopped rhubarb
- 4 cups chopped strawberries
- ½ cup sugar
- ¼ cup orange juice
- Zest of 1 orange
- ½ tsp ground cardamom
- 3 tbsp ground chia seeds



Preparation:

1. Preheat oven to 375°F.
2. In a medium mixing bowl, prepare the crumb topping by combining oats, wheat germ, almonds, brown sugar and salt. Stir to combine.
3. Add butter and mix with hands until mixture is crumbly.
4. Prepare fruit filling by combining all fruit filling ingredients in a large mixing bowl. (It is not necessary to grind the chia seeds; however, we find it gives a better texture and eliminates the dreaded chia seeds stuck in your teeth).
5. Spray an 8 or 12-cup casserole dish with non-stick spray. Add fruit filling, and top with crumb topping. Bake 45 minutes. If topping begins to get too brown, cover with foil.
6. Allow to cool slightly before serving as eight or more pieces.

Nutritional analysis per serving: 202 calories, 8 g fat, 4 g protein, 32 g carbohydrate (27 g available carbohydrate), 5 g fibre, 78 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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