

SAVORY YOGURT BOWL

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| Culinary Intro: | In many countries, yogurt is enjoyed in savory preparations. Here, yogurt is the base of a delicious and light dish that can be enjoyed for breakfast or as a salad. |
| Nutrition Intro: | This Savory Yogurt Bowl is a rich source of protein, and heart-healthy fats. |

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| <p>Prep time: 15 minutes Ingredients for 4 servings Each serving = ¼ cup yogurt + ½ cup salad Cost per serving=\$1.01</p> <ul style="list-style-type: none"> • 2 salad tomatoes, cut into 8^{ths} • ¼ red bell pepper, thinly sliced • ¼ hothouse cucumber, thinly sliced • ½ small avocado, pitted and sliced • ¼ cup fresh parsley, roughly chopped • dash, salt • freshly ground black pepper • 1 Tablespoon fresh lemon juice • 2 tablespoons extra-virgin olive oil • 1 cup low-fat or nonfat plain Greek yogurt • ¼ cup pistachio-oat mixture (See attached recipe) <p>Steps:</p> <ol style="list-style-type: none"> 1. Prepare the tomato salad: combine the tomatoes, red bell pepper, cucumber, avocado and parsley in a large bowl. Season with salt and pepper. Whisk together the lemon juice and olive oil, and pour over the tomato salad. Toss gently to combine and set aside. 2. Mix the yogurt with a spoon until smooth and creamy. Place ¼ cup of yogurt into four bowls. 3. Top each bowl of yogurt with equal parts salad, about ½ cup. Sprinkle about 1 Tablespoon pistachio-oat mixture on top and serve. | Culinary/ Nutrition Notes for Demo: | |
| | 1 | <p>Culinary:</p> <ul style="list-style-type: none"> • a variety of salads, using the same lemon & olive oil vinaigrette, can be used in this recipe for example: peaches + mint + almonds beets + dill+ orange + avocado garbanzo beans + curry powder + • the key is to allow some of the lemony-vinaigrette to mix with the yogurt <p>Nutrition:</p> <ul style="list-style-type: none"> • Greek yogurt offers almost double the amount of protein compared to traditional types of yogurt. • If you are trying to be mindful about your calorie intake, try choosing low-fat or fat-free Greek yogurt. • Avoid yogurt with added sugars or artificial sweeteners. Try choosing plain yogurt and enhance flavor by adding fresh ingredients such as fruits, nuts and seeds. For extra sweetness add some honey. • Try choosing Greek yogurt offering live cultures of probiotics, which promote digestive health when consumed as part of a healthful diet. |
| | 2 | <p>Culinary:</p> <ul style="list-style-type: none"> • allowing air to work through the yogurt allows it to become smooth and fluffy • in other countries, yogurt is used as additions for chilled soups (Persian Ash-e Mast), marinades (Indian tandoori marinades), and as dips or sauces (Greek tzatziki & Indian raita) <p>Nutrition:</p> <ul style="list-style-type: none"> • Extra virgin olive oil is one of the least processed oils available. • All fats have the same amount of calories however some are more beneficial to health than others. Try choosing heart-healthy fats and consume them in moderation. |
| | 3 | <p>Culinary:</p> <ul style="list-style-type: none"> • the pistachio-oat mixture adds flavor and crunch and pairs well with the lemon and parsley in the salad <p>Nutrition:</p> <ul style="list-style-type: none"> • Oats are a rich source of beta-glucan fiber which may help lower cholesterol levels. • You can use oats as a binding agent in many dishes. |

Nutrition Facts

Serving Size 1/4 cup yogurt, 1/2 cup salad (152g)
Servings Per Container 4

Amount Per Serving

Calories 210 Calories from Fat 130

% Daily Value*

Total Fat 15g **23%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 250mg **10%**

Total Carbohydrate 12g **4%**

Dietary Fiber 3g **12%**

Sugars 4g

Protein 9g

Vitamin A 15% • Vitamin C 25%

Calcium 10% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Clean-up/Review comments

Culinary/ Cook Once, Eat Twice:

The tomato salad can be prepared ahead of time. Add the avocado when ready to serve to avoid browning.

If packing for lunch, pack the yogurt and salad separately to keep the yogurt from getting watery.

Nutrition:

This is a nutritionally balanced recipe offering many grams of protein, compared to other types of yogurt.

| Materials | Shopping List |
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| <ol style="list-style-type: none"> 1. 1 cutting board 2. 1 knife 3. 1 bowl for trash 4. mise en place bowls 5. 4 serving bowls 6. 1 salad bowl 7. silicone spatula 8. measuring cups 9. measuring spoons 10. paper plates/ cups/ soufflé cups 11. paper towels 12. tablecloth 13. kitchen towel 14. gloves 15. copies of recipe | Produce <ul style="list-style-type: none"> <input type="checkbox"/> 2 salad tomatoes <input type="checkbox"/> 1 small red bell pepper <input type="checkbox"/> 1 hothouse cucumber <input type="checkbox"/> 1 small bunch parsley <input type="checkbox"/> 1 small avocado <input type="checkbox"/> 1 lemon |
| | Dairy <ul style="list-style-type: none"> <input type="checkbox"/> 1 cup low-fat or nonfat plain Greek yogurt |
| | Condiments <ul style="list-style-type: none"> <input type="checkbox"/> salt, pepper <input type="checkbox"/> extra-virgin olive oil |
| | Paper Goods <ul style="list-style-type: none"> <input type="checkbox"/> bowls, spoons, forks, napkins |
| <p>Prepping for demo:</p> <ul style="list-style-type: none"> • Shop for ingredients/ Ensure all ingredients are available • Rinse & dry produce • Prep & store for demo as requested in recipe/ Prepare pistachio-oat mixture and store properly. • Label all mise en place items • Make sure to leave a portion of the produce intact for demo purposes • If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time • Ensure all equipment is in place and set up table with a tablecloth • Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe <p>Estimated time for preparation: ½ hour</p> | |