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SAVORY YOGURT BOWL

4 Servings • 1 Serving = ¼ cup yogurt + ½ cup salad

INGREDIENTS

- 2 salad tomatoes, cut into 1/8ths
- ¼ red bell pepper, thinly sliced
- ¼ hothouse cucumber, thinly sliced
- ½ small avocado, pitted and sliced
- ¼ cup fresh parsley, roughly chopped
- Dash of salt
- Ground black pepper
- 1 Tablespoon fresh lemon juice
- 2 tablespoons extra-virgin olive oil
- 1 cup low-fat or nonfat plain Greek yogurt freshly
- ¼ cup pistachio-oat mixture (See attached recipe)

DIRECTIONS

1. Prepare the tomato salad: combine the tomatoes, red bell pepper, cucumber, avocado and parsley in a large bowl. Season with salt and pepper.
2. Whisk together the lemon juice and olive oil, and pour over the tomato salad. Toss gently to combine and set aside.
3. Mix the yogurt with a spoon until smooth and creamy. Place ¼ cup of yogurt into four bowls.
4. Top each bowl of yogurt with equal parts salad, about ½ cup. Sprinkle about 1 Tablespoon pistachio-oat mixture on top and serve.

NUTRITION FACTS Serving Size = ¼ cup yogurt, ½ cup salad (152g); Servings per container = 4; Calories 210; Total Fat 15g (23%); Saturated Fat 2.5g (13%); Cholesterol 5mg (2%); Sodium 250mg (10%); Total Carbohydrate 12g (4%); Dietary Fiber 3g (12%); Sugars 4g; Protein 9g.

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