



Savory Yogurt Bowl

4 Servings • 1 Serving = ¼ Cup Yogurt and ½ Cup Salad

INGREDIENTS

- ¼ cup shelled pistachios
- ¼ cup rolled oats
- 1 clove garlic, smashed
- ½ teaspoon ground paprika
- 1 teaspoon dried dill
- Dash of salt
- Freshly ground black pepper, to taste
- 2 Roma tomatoes, chopped
- ¼ red bell pepper, thinly sliced
- ¼ hothouse cucumber, thinly sliced
- ½ avocado, pitted and sliced
- ¼ cup parsley, roughly chopped
- 1 Tablespoon lemon juice
- 2 Tablespoons extra virgin olive oil
- 1 cup low-fat or nonfat plain Greek yogurt

DIRECTIONS

1. Combine the pistachios, oats, garlic, paprika, dill, salt, and pepper in a food processor or blender. Pulse until crumbly and set aside.
2. In a large bowl, combine the tomatoes, bell pepper, cucumber, avocado, and parsley. Season with salt and pepper.
3. In a small bowl, whisk the lemon juice and oil. Pour the dressing over the tomato salad, toss gently to combine, and set aside.
4. Place ¼ cup of yogurt into four bowls.
5. 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

4 servings per container

Serving size 1/4 cup yogurt,
1/2 cup salad

Amount per serving

Calories **200**

% Daily Value*

Total Fat 14g 18%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 100mg 4%

Total Carbohydrate 12g 4%

Dietary Fiber 3g 11%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 9g

Vitamin D 0mcg 0%

Calcium 96mg 8%

Iron 1mg 8%

Potassium 325mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Developed by The Children's Hospital of San Antonio

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