

Savory Yogurt Bowl



Ingredients:

- 2 salad tomatoes, cut into 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, salt
- 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

Preparation:

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.

Pistachio-Oat Mixture

Ingredients:

- ¼ cup raw shelled pistachios
- ¼ cup rolled oats (not instant)
- 1 small garlic clove, smashed
- ½ teaspoon ground paprika
- ¼ cup loosely packed dill OR 1 teaspoon dried dill
- 1/8 teaspoon salt
- freshly ground black pepper

Pistachio-Oat Mixture Directions:

1. Combine all ingredients in a food processor or blender. Process until crumbly.
2. Store in an airtight container in the refrigerator for up to 5 days.
3. If using as a topping for salads or veggies, toast the mixture in a hot dry skillet over medium heat until lightly golden and fragrant. Be careful not to burn.

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.