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
• ⅛ 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 6%
Potassium 325mg 6%

*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.