

Savory Beet and Yogurt Parfaits

Recipe By Victoria Dwek



Cooking and Prep:  35
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Serves:  3

Contains: 

Preference: Dairy

Difficulty: Easy

Diet: Vegetarian, Pescetarian,

Gluten Free, Low Fat, Low

Carb

Source: Kosher.com

Exclusive

Unusual, maybe, but this savory parfait with beets, sweet potatoes, Greek yogurt, and thyme is also delicious and really good for you. [Watch the accompanying video](#) for more creative ways to use beets!

Ingredients (10)

Main ingredients

- 1 sweet potato, peeled and diced
- 1 tablespoon oil
- salt, for sprinkling
- plain Greek yogurt

- lemon juice, to taste
 - salt, to taste
 - thyme, to taste
 - 4 handfuls spring greens
 - 3 Gefen Organic Beets, diced
 - Gefen Granola, for crunch (*optional*)
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Start Cooking

Prepare the Sweet Potatoes

1. Preheat oven to 425 degrees Fahrenheit.
2. On a baking sheet, toss sweet potato with oil and salt. Bake for 30 minutes.

Prepare the Yogurt

1. Season yogurt with lemon, salt, and thyme.

Assemble the Parfaits

1. Place greens on the bottom and top with sweet potatoes, beets, and yogurt. Optionally, add granola for crunch.