savory breakfast parfait



prep time:
20

featured product:
baby arugula

organicgirl baby arugula, sweet potatoes, chunks of avocado, chopped tomatoes, and crunchy puffed rice cereal are layered with yogurt and topped with pumpkin seeds. black beans are a welcome protein boosting addition. this savory take on a traditionally sweet item has the visual appeal of a parfait, while offering a complete, nutritious breakfast. we top the parfait with a tangle of lightly dressed baby arugula.

ingredients

yield: 4 servings

2 tablespoons olive oil
1 teaspoon grated lime zest
1 tablespoon fresh lime juice
1 tablespoon sherry vinegar
1/2 teaspoon salt or to taste
1/4 teaspoon cayenne pepper, or to taste
16 ounces low-fat greek yogurt
1 medium sweet potato, diced
1 medium avocado
1 cup black beans, cooked or canned, drained
1 cup quartered grape tomatoes
1 – 5 ounce container **organic girl baby arugula**, divided
1 cup puffed brown rice, or other whole grain cereal
1/4 cup toasted pumpkin seeds

directions

1. in a small bowl, combine first 6 ingredients to make a vinaigrette.

2. put the sweet potatoes in a small saucepan. cover with water and bring to a boil. cook for 10 minutes until tender and drain.

3. coarsely chop 3/4 of the arugula, reserving 1/4 for topping the parfaits.

4. put the sweet potatoes, avocado, black beans and tomatoes into each of four small mixing bowls. divide the chopped arugula between the 4 bowls and dress each of the ingredients individually reserving 2 teaspoons of the vinaigrette for the arugula topping.

5. in each of 4 12 ounce glasses, spoon in 2 tablespoons of yogurt and top with a portion of sweet potatoes. top with a tablespoon of rice cereal. continue to layer with additional yogurt, avocado and rice cereal, followed by layers of yogurt, black beans, cereal. finish the parfaits with a final layer of yogurt, the tomatoes and cereal. dress the reserved arugula leaves with the remaining dressing and top each with a tangle of the leaved and a sprinkling of pumpkin seeds.