



Crudités Parfait

Makes 10 portions

Ingredients:

- 20 oz Farro Grains
- 40 oz Neufchâtel Yogurt (see recipe)
- 20 oz Celery, Peeled & Sm. Diced
- 20 oz Red Bell Peppers, Sm. Diced
- 10 oz Carrots, Shredded
- 30 pcs Watermelon Radish, Shaved
- 50 pcs Pea Shoots, Trimmed

Instructions:

Build parfait in the following order:

- 2 oz Farro Cooked
- 2 oz Neufchâtel Yogurt
- 1 oz Red Bell Peppers
- 1 oz Celery
- 2 oz Neufchâtel Yogurt
- 1 oz Red Bell Peppers
- 1 oz Celery
- Watermelon Radish
- Pea Shoots

Neufchâtel Yogurt

Makes 10 portions

Ingredients:

| | |
|------------|---|
| 26 2/3 oz | Dannon Oikos Nonfat Greek Yogurt, Plain |
| 13 1/3 oz | Neufchâtel Cheese |
| 5/6 tsp | Black Pepper, Ground |
| 1 2/3 tsp | Kosher Salt |
| 3 1/3 Tbsp | Chives, Minced |
| 3 1/3 Tbsp | Parsley, Minced |

Instructions:

1. Blend yogurt, Neufchâtel cheese, salt, and black pepper until smooth.
2. Whisk in minced chives and minced parsley.

Recipe and photo courtesy of Danone