

BROCCOMOLE DIP

Makes about 2 cups

WHAT YOU'LL NEED

1 – 2 cups broccoli florets
2 ripe avocados, peeled and chopped
½ cup chopped tomatoes
2 to 4 tablespoons finely chopped red onion
2 tablespoons lime juice
½ teaspoon kosher salt
2 tablespoons chopped cilantro (optional)
1 garlic clove, finely chopped (optional)
Black pepper (optional)

HOW TO MAKE IT

Steam, microwave, or boil the broccoli in a small amount of water until it's very soft. Drain off all the water.

Place the broccoli and avocados in a mixing bowl and mash with a fork until smooth.

Add the chopped tomatoes, onion, lime juice and salt. Add the cilantro and garlic to the bowl if you wish. Mix until well combined. Season with a bit of additional salt and a sprinkle of black pepper to taste.

Serve with raw broccoli florets, baby carrots, bell pepper sticks, whole-grain crackers, or home-made whole-grain pita triangles, and start dipping!