



## From the Kitchen of Executive Chef Jessica VanRoo

### Broccomole

#### Ingredients

- 1 cup broccoli florets
- ¼ cup yellow onion, finely chopped
- ½ bunch cilantro, chopped
- 2 limes, juiced
- 2 ripe avocados
- Jalapeno pepper, diced, to taste

#### Instructions

1. Cook broccoli in sated water for one minute, then drain and cool in a bowl of ice water.
2. Combine all ingredients in a food processor and pulse until a mash forms.
3. Season to taste with salt. Serve with veggie sticks and chips.

\*Recipe makes 1 ½ cups, serves 4.

<b>Nutrition Facts</b>		<b>Amount</b>	<b>% Daily Value*</b>	<b>Amount</b>	<b>% Daily Value*</b>
<b>Amount per</b>	151 g	<b>Total Fat</b>	15.4g 24%	<b>Total Carbohydrates</b>	12g 4%
1 serving (5.3 oz)		Saturated	2.2g 11%	Dietary Fiber	7g 30%
<b>Calories</b>	181	Trans Fat		Sugars	2g
From fat	129	<b>Cholesterol</b>	0mg 0%	<b>Protein</b>	3g 5%
		<b>Sodium</b>	13mg 1%		
		<b>Calcium</b>	3%	<b>Vitamin A</b>	14%
		<b>Iron</b>	5%	<b>Vitamin C</b>	78%

*HappyForks.com*

\* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.