

Broccamole – makes 1 ½ cups



This take on guacamole stays true to its Latin roots but tucks cooked broccoli into avocado's healthy fat to lend deeper color, added nutrition, and more vegetable fiber. Broccamole remains a perfect companion for tortilla chips but is also a multi-tasker. I like this snack as a dip for veggie sticks or, when left on the chunky side, smeared over roasted sweet potato planks or whole grain toast.

1 cup broccoli florets, steamed

1 medium avocado, cubed

1-2 tablespoons lime juice

½ teaspoon ground cumin

¼ teaspoon ground coriander, optional

¼ teaspoon sea salt

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2 green onions, minced or 1 Tablespoon finely chopped red onion

2 tablespoons chopped cilantro

2 teaspoons minced jalapeno

Veggies of choice; jicama sticks, carrots, celery, broccoli stalks, red pepper

Steam the broccoli florets until very tender and beginning to fall apart, about 6-8 minutes.

Transfer to a medium sized bowl and break the florets up with a fork.

When broccoli is cool, add the avocado, lime juice, cumin, coriander, and salt, using the fork to mash it all into a consistency you like.

Add in the green onion, cilantro, and jalapeno, mixing to combine.

Taste and see if it could use a bit more lime juice or sea salt for balance.

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