



Undercover BROCCOLINI® baby broccoli with Honey Mustard Dipping Sauce

Servings

6

Calories

70

Prep Time

5 minutes

Total Time

10 minutes

Skill Level

Easy

Ingredients

1 bunch Mann's BROCCOLINI® baby broccoli

(about 9 stalks)

¼ cup sour cream

1 tablespoon honey mustard

3 ounces prosciutto, thinly sliced



The Method

In a small bowl, mix sour cream and honey mustard until well blended.

To Blanch BROCCOLINI® baby broccoli : Bring a large pot of salted water to a full boil. Add BROCCOLINI® baby broccoli. As soon as water returns to a full boil, remove BROCCOLINI® baby broccoli with a slotted spoon and immediately plunge into ice water to retain bright green color (stop the cooking process). Pat dry with paper towels.

Cut prosciutto slices lengthwise into 1-inch strips. Tightly wrap 1 or 2 prosciutto strips diagonally around each BROCCOLINI® baby broccoli stalk, leaving about 1-inch of stalk showing at the bottom. Arrange on a platter with dipping sauce (this can be covered with a plastic wrap and refrigerated up to 24 hours.) Serve chilled or at room temperature.

Nutrition Facts

Serving Size: 62g | Servings: 6

Amount Per Serving

Calories 70 | Total Fat 3.5g (sat fat 1.5g trans 0g) | Cholesterol 15mg | Sodium 280mg | Total Carbohydrate 3g | Dietary Fiber 2g |
Sugars 1g | Protein 5g | Vitamin A 4% | Vitamin C 30% | Calcium 2% | Iron 4%