



BROCCOLINI® baby broccoli Hummus

Servings

6

Calories

170

Prep Time

10 minutes

Total Time

35 minutes

Skill Level

Easy

Ingredients

4 bunches BROCCOLINI® baby broccoli (about 25-30 stalks)

4 tablespoons olive oil, divided in half

1 tablespoon za'atar

¼ cup tahini

2 tablespoons lemon juice, fresh

1 garlic clove

1 (16 ounce) can chickpeas (including the liquid)

¼ cup water

Salt, to taste



The Method

Preheat oven to 375°F.

Chop BROCCOLINI® baby broccoli (including stems) in thirds with a result of 6 cups of chopped BROCCOLINI® baby broccoli then season with 2 tablespoons olive oil, za'atar, and salt.

Place BROCCOLINI® baby broccoli on baking sheet with ¼ cup water. Roast BROCCOLINI® baby broccoli in oven until florets start to brown and stems begin to soften, about 12-15 minutes. Set aside and allow BROCCOLINI® baby broccoli to cool to room temperature.

In a food processor, combine chopped BROCCOLINI® baby broccoli and remaining ingredients (except olive oil) and blend until mostly smooth. Stop and scrape down sides, blend again and slowly stream in about 2 tablespoons olive oil.

Taste and season with salt and more lemon juice as needed.

Drizzle with a bit of olive oil to serve.

Nutrition Facts

Serving Size: 218g | Servings: 6

Amount Per Serving

Calories 170 | Total Fat 7g (sat fat 1g trans 0g) | Cholesterol 0mg | Sodium 960mg | Total Carbohydrate 20g | Dietary Fiber 6g | Sugars 4g | Protein 9g | Vitamin D 0% | Calcium 8% | Iron 15% | Potassium 10%