



Chilled BROCCOLINI® baby broccoli with Lemon Pepper Dip

Servings

6-8

Calories

80

Prep Time

10 minutes

Total Time

10 minutes

Skill Level

Easy

Ingredients

2 bunches Mann's BROCCOLINI® baby broccoli
(about 15-18 stalks)

1 (8 ounces) container sour cream

1 ½ tablespoons lemon juice

1 ½ teaspoons lemon pepper



The Method

Blanch BROCCOLINI® baby broccoli by putting it into boiling water for 30 seconds. Remove BROCCOLINI® baby broccoli and plunge into a large bowl of ice water to stop the cooking process.

In small bowl combine sour cream, lemon juice and lemon pepper. Cover and refrigerate to allow flavors to blend. Drain BROCCOLINI® baby broccoli and refrigerate until ready to use. Serve BROCCOLINI® baby broccoli and dip together as a quick appetizer idea.

Nutrition Facts

Serving Size: 273g | Servings: 8

Amount Per Serving

Calories 69 | Calories from Fat 50 | Total Fat 5g (sat fat 4g trans 0g) | Cholesterol 20mg | Sodium 85mg | Total Carbohydrate 3g | Dietary Fiber 2g | Sugars 2g | Protein 2g | Vitamin A 90% | Vitamin C 30% | Calcium 4% | Iron 2%