



# Undercover Broccolini® 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® (about ½ pound)

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®: Bring a large pot of salted water to a full boil. Add Broccolini®. As soon as water returns to a full boil, remove broccolini® 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%