Broccolini® Hummus

Servings	Calories	Prep Time	Total Time	Skill Level
6	170	10 minutes	35 minutes	Easy

Ingredients

4 bunches Broccolini (about 25-30 stacks)

4 tablespoons olive oil, divided in half

1 tablespoon za'atar

¼ cup tahini

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

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

In a food processor, combine chopped Broccolini® 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%