

# Broccamole Recipe

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### Makes 12, 3oz Servings

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|-------------------------|------------------------------|
| 4 cups broccoli florets | 4 Tbs Extra Virgin Olive Oil |
| 2 ripe avocados         | ½ raw pumpkin seeds          |
| 2 fresh jalapenos       | 1 tsp sea salt               |
| ¾ cup fresh cilantro    | 1 tsp ground black pepper    |
| 3 Tbs fresh lime juice  |                              |

### Preparation

1. In a designated sanitized sink or container soak produce in anti-microbial fruit & vegetable wash, then agitate for no longer than 90 seconds, allow to drain in a colander or strainer.
2. Chop: cilantro.
3. Preheat chargrill to 350 degrees, gather all other ingredients.

### Method

1. Combine the broccoli, jalapeno, toss in the oil.
2. Grill the broccoli and peppers until lightly charred and tender 12 -15 minutes. Remove from the grill and allow to cool.
3. Seed the jalapenos.
4. Finely chop the seeded jalapenos and the broccoli.
5. In a non-reactive mixing bowl mash the avocado, fold in the chopped broccoli and jalapenos.
6. Add the cilantro, lime juice, salt, black pepper and pumpkin seeds.