

Broccoli Floret Salad

Makes 4 Servings – Serving Size: 1 cup

Ingredients:

3 cups (packed)	Broccoli Florets - (rinsed, blanched and dried)
15 ounce can	Great Northern Beans - (drained, rinsed, and dried)
2 Tablespoons	Lemon Juice
2 Tablespoons	Extra Virgin Olive Oil
½ teaspoon	Roasted Jalapeno – (skin & seeds removed, minced)
1 teaspoon	Fresh Garlic - (minced)
1 Tablespoon	Fresh parsley – (chopped)
½ teaspoon	Salt
¼ teaspoon	Black Pepper

Procedure:

Begin boiling a pot of water. Rinse a head of broccoli and cut the broccoli into equal sized florets. Once water is boiling, bring to a simmer and blanch the broccoli florets until al dente or slightly done and still crisp, (approximately 2-3 minutes). Strain the broccoli from the pot, place onto sheet pan fitted with paper towels or clean cloth towels to absorb any excess moisture and set aside to cool.

Drain and rinse 1 can of beans and set aside to dry. Using a skewer and a low flame, hold the skewer of the jalapeno pepper over the flame, roasting each side until a blistered skin forms. Once fully roasted, remove from the skewer and cover with plastic wrap for one minute. Uncover and with a knife, gently peel and scrape away the blistered skin until no more remains. Remove the seeds from the jalapeno and chop to a fine mince.

In a medium sized mixing bowl add in the olive oil and begin whisking. Slowly pour the lemon juice into the mixture while whisking. Once an emulsion is formed, add in the garlic, jalapeno, parsley, salt and pepper. Add in the beans, mashing some into the dressing to thicken. Add broccoli mixing to evenly coat the beans and the broccoli. Serve cold or at room temperature.

Nutritional Information per Serving:

Calories: 180	Sodium: 300mg	Sugars: 4g	Cholesterol: 0mg
Saturated Fat: 1g	Fiber: 7g	Protein: 8g	Carbohydrate: 20g

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Ready to serve

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