



Grilled Broccoli Hummus



INGREDIENTS

1 (9-oz.) head broccoli
¼ cup plus 1 Tbsp. Gustare Vita olive oil, divided
½ tsp Hy-Vee salt
2 tbsp fresh parsley, chopped
2 tbsp sesame oil
2 tbsp tahini paste
2 cloves garlic, minced
½ tsp fresh lemon juice
sesame seeds, toasted, for garnish

PREPARATION

- 1 Prepare a charcoal or gas grill for direct cooking over medium-high heat. Trim broccoli and cut lengthwise into 1-inch-thick steaks. Toss with olive oil and salt.
- 2 Grill broccoli for 12 to 16 minutes or until charred, turning halfway through. Remove from grill; cool. Meanwhile, combine ¼ cup olive oil, fresh parsley, sesame oil, tahini paste, garlic, and lemon juice in a food processor. Cover and pulse just until combined. Add broccoli and pulse until smooth. Transfer mixture to a serving bowl. If desired, drizzle with additional olive oil and sprinkle with toasted sesame seeds, if desired.

NUTRITION FACTS

Calories: 110
Total Fat: 11g
Saturated Fat: 1.5g

Sodium: 125mg
Carbohydrates: 2g
Fiber: 1g
Protein: 1g