Broccomole

**Ingredients**
1 cup broccoli florets  
¼ cup yellow onion, finely chopped  
½ bunch cilantro, chopped  
2 limes, juiced  
2 ripe avocados  
Jalapeno pepper, diced, to taste

**Instructions**
1. Cook broccoli in sated water for one minute, then drain and cool in a bowl of ice water.  
2. Combine all ingredients in a food processor and pulse until a mash forms.  
3. Season to taste with salt. Serve with veggie sticks and chips.

*Recipe makes 1½ cups, serves 4.*