

Super Green Bomb With Broccoli Pesto + Roasted Beet Hummus

Serves 2

For the salad

- 1 cup lacinato kale, de-stemmed and sliced thin
- 2 scallions, sliced
- 1 small cucumber, diced
- 1 avocado, diced
- handful of cilantro + parsley, chopped
- handful of roasted sunflower seeds

For the Broccoli Pesto

- 1 cup raw broccoli, broken into small florets
- handful of fresh basil
- juice of 1/2 a lemon
- 1/3 cup freshly grated parmesan cheese
- 1 clove garlic
- 1/2 cup olive oil
- 1/4 cup water
- salt + pepper

For the Roasted Beet Hummus

- 1/2 cup cooked chickpeas, rinsed and drained
- 1/2 cup cooked cannellini beans, rinsed and drained
- 1 clove garlic, chopped
- 1/3 cup chopped [roasted beets](#)
- 3 tablespoons lemon juice
- 3 tablespoons extra-virgin olive oil
- salt + pepper

To serve

- 2 whole wheat wraps

Preparation

1. Make the pesto: Put 2 cups of water into saucepan and place over medium-high heat. Bring to a boil, then add the broccoli. Turn heat down to medium to get a simmer and cook for the broccoli until fork tender, about 3-4 minutes. Drain. Place all the other pesto ingredients aside from the olive oil and salt and pepper in a food processor. Add the broccoli. Start blending on a low speed while slowly adding in the olive oil. Blend until smooth. Season with salt and pepper.

2. Make the hummus: Place all ingredients aside from olive oil and salt and pepper in a food processor. Start blending on a low speed while slowly adding in the olive oil. Blend until smooth. Season with salt and pepper.

3. Place all salad ingredients in a large mixing bowl. Pour broccoli pesto over top and toss to combine. If serving as a salad, plate the salad with the Roasted Beet Hummus and wrap on the side. If serving as a wrap, spread about a tablespoon of hummus over the wrap and place about a half a cup of the salad in the middle. Wrap it up and serve.

From: Mind Body Green