

Broccoleaf Wrap with Smoked Salmon and Black Olive Hummus

Typically tossed by farmers at harvest, but now revered, BroccoLeaf is packed with immune boosting anti-oxidants, vitamins A and C, as well as bone building minerals like calcium, and vitamin K, which actually helps your body use calcium.

You can steam or sauté BroccoLeaf, use it in stir fries, soups, and egg dishes or raw in wraps, smoothies, salads, slaws and basically anything you'd use any sturdy green like kale in.

Serves: 6

Ingredients:

6-7 BroccoLeaves
4 oz. smoked salmon
1 container hummus
1 cup broccoli sprouts
½ cucumber, julienned
½ cup parsley, chopped
2 Tbsp. black or green olives, chopped

Method:

1. Rinse and pat dry BroccoLeaves. Remove bitter stems by placing each leaf on a cutting board stem side down and making an upside down V cut over the thicker portion of each stem.
2. Steam BroccoLeaves for just 2-3 minutes, or until bright green and glossy. Remove leaves from steamer and shock for 2 minutes in bowl of ice water. Remove leaves from ice bath and place to dry on to 2 tea towels.. Reserve largest BroccoLeaf and cut long strips to tie the wraps. Set aside.
3. While BroccoLeaves are drying, add chopped parsley and olives to hummus. And mix thoroughly.
4. Now begin the wrapping process. Lay each BroccoLeaf on a cutting board or other flat surface and layer according to this order: 1 salmon slice, 1 heaping tablespoon of hummus mixture, julienned cucumber, and broccoli sprouts. Roll like a burrito, and tie with reserved BroccoLeaf strips if desired.
5. Serve wraps whole, or sliced in half diagonally to show off the inner beauty of these power-packing beauties.

Note: You can always leave the olives out of the hummus. Wraps stay fresh for 2-3 days.