



**INGREDIENTS:**

- ✓ 1/2 cup hummus, pre-made
- ✓ 1/2 lemon, juiced
- ✓ 1 Tbs olive oil
- ✓ 2 Tbs dill, fresh
- ✓ salt, to taste
- ✓ pepper, to taste
- ✓ 1 Tbs coconut oil
- ✓ 1 cup broccoli, cut into florets
- ✓ 8 cup kale, chopped
- ✓ 1 zucchini, diced
- ✓ 2 cup edamame, thawed
- ✓ 4 scallions, chopped
- ✓ 1 avocado, diced

**DIRECTIONS:**

**PREP:**

1. Chop dill, kale, broccoli, zucchini, scallions, and avocado.
2. Thaw edamame

**MAKE:**

1. In a jar, combine hummus, lemon juice, olive oil, dill and season with salt and black pepper. Shake well and set aside. (Note: depending on the original consistency of your hummus, you may need to add a tablespoon or two of warm water to thin.)
2. Heat coconut oil in a large frying pan over medium heat. Add broccoli and saute for 2 minutes.
3. Add kale and zucchini. Sauté just until the kale is wilted and broccoli and zucchini are tender. Remove from heat and set aside.
4. Divide sautéed kale and zucchini between bowls. Top each bowl with edamame, green onions, and avocado. Drizzle with dill hummus dressing

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
6 servings		<b>Total Fat</b> 14.9g	22%	<b>Total Carbohydrates</b> 14g	4%
		Saturated Fat 2.0g	10%	Dietary Fiber 7g	29%
		Trans Fat 0.0g		Total Sugars 3g	
<b>Calories</b> per serving	<b>211</b>	<b>Cholesterol</b> 0mg	0%	<b>Protein</b> 10g	
		<b>Sodium</b> 116mg	5%		
Vitamin D 0mcg 0% · Calcium 135mg 13% · Iron 3mg 14% · Potassium 637mg 13%					

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.