



Broccomole!

- 1 large head of broccoli (360 grams)
- Juice of half a medium lemon
- 1 tsp of fresh ground cumin
- 1 tsp of fresh ground coriander
- Garlic salt (to taste)
- Tiny bit of finely chopped scallions (to taste)
- 1 roughly diced medium tomato (120 grams)

Cook the broccoli until it's just tender enough for a knife to pierce it without resistance. Put into a blender or a food processor with the lemon juice and seasonings and blend until very smooth. Add the tomato and blend briefly so that the tomato is still "chunky". Let set for about 10 minutes to the flavors can mingle and then eat as a dip with crudites and low protein tortillas or use as a spread on low protein crackers. You can also thin it with small amounts of water and use it over hot veggies or low protein pasta.

Yields 4 cups
Phe per cup 80 mg
Phe per tablespoon 5mg

This recipe adapted from the PKU Organization of Illinois.
May 2004



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