

Lemon Broccoli with Avocado

Try this spring spin on broccoli, brightened with lemon juice and topped with heart-healthy avocado. It's hearty enough for a lunch, but also a flavorful accompaniment to Ronit's Asian Salmon.

- 2 bunches broccoli
 - 1 lemon, juiced
 - 1 tablespoon extra virgin olive oil
 - $\frac{1}{4}$ teaspoon sea salt
 - 1 avocado, cut into chunks
1. Chop broccoli into bite-size pieces and separate stems from the crowns.
 2. Fill a pot with 1 inch of water, place a steamer basket inside, cover and heat to boiling. Add stem pieces, and steam for 2 minutes. Add crown pieces, cover and steam for 5 minutes.
 3. In a mixing bowl, combine the lemon juice, olive oil and salt.
 4. Chop the avocado into chunks and add to the mixing bowl.
 5. Add the warm broccoli to the bowl, mix gently and serve.