



**CAMP
SOUTHERN
GROUND**

GRILLED BROCCOLI SALAD

INGREDIENTS

SALAD

- 1 to 2 heads of Broccoli (will yield 4 to 5 cups broccoli florets)
- bag of Arugula (5-10 oz)
- 1/2 cup Black Lentils (cooked according to directions on bag)
- 1/3 cup Pickled Red Onions (can also use raw!)
- Dried Cranberries, for topping
- Pumpkin Seeds (Pepitas), for topping
- Sunflower Seeds, for topping

CITRUS DRESSING

- 1 Lemon, Juiced and zested (about ¼ cup juice, 1 tbsp zest)
- 2 Oranges, juiced and zested (about ½ cup juice, 2-3 tbsp zest)
- 1 cup Olive Oil
- ½ cup Honey
- 3 cloves Garlic, minced or paste
- ½ tsp Onion Powder
- Salt & Pepper to taste

INSTRUCTIONS

1. Preheat grill to medium heat.
2. To grill the broccoli, slice it top down into thick pieces. Toss with olive oil spray and sprinkle with salt and pepper. Once the grill has been hot for 10 to 15 minutes, place the broccoli pieces on the grill. Grill for 2 to 3 minutes per side, or until it's charred and golden. Remove broccoli and let cool slightly, then chop into pieces.
3. Broccoli option 2: Use florets and a grill pan or basket, following the same steps above. Grill for 6 to 8 minutes, shaking the pan and tossing the broccoli occasionally. Let it cool slightly before using.
4. Broccoli option 3: Roast broccoli at 400 degrees for 20 to 25 minutes. OR you can use the broccoli raw!
5. Combine broccoli, arugula, lentils, and red onion. Toss with citrus dressing. Add cranberries, pumpkin seeds, and sunflower seeds to taste. Serve immediately & enjoy!

