

Louisiana HARVEST of the MONTH

Broccoli and Cauliflower Bites

Home Recipe

Serves: 6
Prep Time: 5 minutes
Cook Time: 25 Minutes

Ingredients

- 1 ½ cup broccoli florets
- 1 ½ cup cauliflower florets
- 2 eggs beaten
- ¾ cup panko breadcrumbs
- ¾ cup shredded cheddar cheese
- ½ tsp salt
- ½ tsp garlic powder
- ½ tsp smoked paprika

Cooking Instructions

- 1) Preheat the oven to 350 degrees F and spray a mini muffin pan with cooking spray.
- 2) Steam broccoli and cauliflower florets on the stove or in the microwave, then pulse in a food processor until finely chopped.
- 3) Transfer chopped broccoli and cauliflower to a medium bowl and add beaten eggs, breadcrumbs, cheese, paprika, salt and garlic powder. Mix well.
- 4) Drop mixture by the tablespoonful into the mini muffin pan and press down tops gently with the back of a spoon.
- 5) Bake for about 15 minutes or until lightly browned, then remove them to a cooling rack. Serve warm .

Nutrients Per ½ Cup Serving

• Calories	130
• Total Fat	6 g
• Saturated Fat	3 g
• Cholesterol	75 mg
• Sodium	260 mg
• Carbohydrates	11 g
• Dietary Fiber	1 g
• Protein	8 g
• Calcium	125 mg
• Iron	1 mg
• Potassium	179 mg
• Vitamin D	0.00 mg



For More Information

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