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

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

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.

For More Information
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