



BROCCOLI CHEDDAR BITES

ingredients:

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| 1 package (12 ounces) frozen broccoli cuts | 1 to 2 teaspoons hot sauce (such as Frank's Red Hot) |
| 1/3 cup panko bread crumbs | 1/4 cup finely diced onion |
| 1/3 cup all-purpose flour | 1/4 cup finely diced red bell pepper |
| 1 teaspoon baking powder | 3 ounces (about 3/4 cup) shredded reduced-fat sharp cheddar cheese |
| 1/4 teaspoon salt | 1/3 cup grated Parmesan cheese |
| 1/4 teaspoon ground black pepper | Vegetable oil cooking spray |
| 1/2 cup skim milk | |
| 1 large egg | |

directions:

1. Thaw broccoli cuts and squeeze well to remove excess moisture. Chop roughly into smaller pieces; set aside.
2. In a small bowl, combine panko crumbs, flour, baking powder, salt, and black pepper.
3. In a large bowl, whisk together milk, egg, and hot sauce.
4. Add panko mixture to egg mixture and stir to combine (batter will have some lumps). Fold in broccoli, onion, red pepper, cheddar cheese, and Parmesan cheese.
5. Generously coat mini-muffin tins with cooking spray and evenly divide mixture to yield 24 broccoli cheddar bites.
6. Cook in a preheated 350° F oven for 30 minutes or until golden brown on top.

Yield: 24 servings

Nutrition Information Per Serving:

35 Calories
1.5 grams Fat
0.5 grams Saturated Fat
11 mg Cholesterol
107 mg Sodium
4 grams Carbohydrates
0.5 grams Fiber
2.5 grams Protein

Food exchanges:

1 vegetable, 1/2 protein



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