

MINI BROCCOLI & CHEESE PATTIES

Small patties are fun to eat! I've been making them with different veggies over the years, zucchini, corn, crab, tuna, chicken and spinach, but it wasn't until lately that I decided to try them with broccoli. So glad I did, they're delicious! This is a kid friendly recipe, great for lunches or snacks! These are quick and easy to make and I love that they freeze so well.

Makes 16 patties, 2 inches diameter

Ingredients

- 1 small head of fresh broccoli florets, cooked, drained and finely chopped, about 1 ½ cups after cooking and chopping
- 6 ounces cheddar cheese, mild or medium, reduced fat
- 6 ounces panko breadcrumbs
- 2 eggs, whisked separately
- 1 teaspoon each of garlic powder, onion powder, dried parsley
- Black pepper to taste
- ½ tablespoon baking powder
- 2 tablespoons whole wheat flour



Directions

Preheat oven to 400 degrees F. Line a baking dish with parchment paper In a bowl, combine all ingredients thoroughly (I use my hands) Divide mixture into 16 equal parts and form into round patties. Place on baking dish and bake for 10 minutes. Turn the patties over and bake for another 5 minutes. Enjoy!

Nutritional Information (for 2 pieces)

20 calories, 0.4 grams protein, 0.2 mg sodium, no fat, no cholesterol, 5 grams carbohydrates

