

BROCCOLI NUGGETS



INGREDIENTS

- 2 cups packed fresh broccoli, finely chopped
- 3 eggs, whisked
- ¾ cup reduced fat shredded cheddar cheese
- 1 cup panko breadcrumbs
- ½ teaspoon dried oregano
- ¼ teaspoon garlic powder
- ¼ teaspoon salt

DIRECTIONS

1. Preheat oven to 350°F.
2. Place broccoli plus one cup of water in a microwave safe bowl. Microwave for 2½ minutes — broccoli should be tender but not mushy. Depending on the strength of the microwave, cooking time may need to be increased by 30 seconds to 1 minute.
3. Once broccoli is cooked, remove and drain well. Broccoli should be finely chopped so if you need to chop the broccoli more, do so here. Place chopped broccoli in a large bowl and add in the whisked eggs, cheese, breadcrumbs, oregano, garlic powder and salt. Use a wooden spoon or your hands to combine well. Mixture should stick together without much effort.
4. Shape into nuggets and place on a lightly greased baking sheet. If you have difficulty forming into nuggets, add in more breadcrumbs, one tablespoon at a time.
5. Place formed nuggets on a baking sheet. Bake for 15 minutes. Flip once and bake for an additional 10 minutes.
6. Serve as is or with your favorite dip.

Serves: 4 | Serving size: 6 nuggets

Nutrition Information: Calories: 203; Total fat: 9g; Saturated fat: 4g; Cholesterol: 151mg; Sodium: 508mg; Carbohydrates: 17g; Fiber: 2g; Sugars: 2g; Protein: 14g; Potassium: 230mg.