



Crunchy Broccoli Bites With Buffalo Sauce

Yield: 4 servings

Ingredients

4 cups broccoli, cut into florets
2 eggs
½ cup bread crumbs, whole wheat
¼ teaspoon kosher salt
¼ teaspoon ground black pepper

For Buffalo Sauce:

1½ teaspoons extra virgin olive oil
3 tablespoons hot sauce (such as Frank's Red Hot Sauce)

Instructions

1. Heat oven to 400 degrees.
2. In a small bowl, whisk eggs, salt and pepper.
3. Dip broccoli florets in egg mixture. Allow for excess egg to drip off and then place florets in breadcrumbs and toss.
4. After broccoli is breaded, spread in a single layer on large baking sheet lined with parchment paper and cook for 15 minutes or until golden brown.
5. Mix olive oil and hot sauce and serve with broccoli bites.



Nutrition Information

Serving Size: ¼ of recipe

Calories: 143
Total Fat: 4.9 g
Saturated Fat: 1 g
Monounsaturated Fat: 2.2 g
Sodium: 339 mg
Total Carbohydrate: 17 g
Dietary Fiber: 3.4 g
Sugars: 2.6 g
Protein: 7.7 g

Source: Health meets Food

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