



BROCCOLI BITES

INGREDIENTS

- 1 tps of olive oil
- 1/2 cup onion, chopped
- 1 head broccoli, florets and stem, chopped
- 2 tbsp basil leaves
- 1/2 tsp dried oregano
- 1/2 tsp garlic
- 1/4 tsp salt and pepper
- 1 tbsp nutritional yeast
- 1/4 cup all-purpose flour
- 1/4 cup bread crumbs
- 1 large egg

Nutrition Facts

Serving size: 1 ball
Servings: 12

Amount per serving

Calories **50**

% Daily Value*

Total Fat 2.1g	3%
Saturated Fat 0.3g	1%
Cholesterol 14mg	5%
Sodium 88mg	4%
Total Carbohydrate 6g	2%
Dietary Fiber 1.9g	7%
Total Sugars 1.2g	
Protein 2.9g	
Vitamin D 1mcg	6%
Calcium 37mg	3%
Iron 1mg	5%
Potassium 198mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

DIRECTIONS

1. Heat oil in a pan over medium heat. Add onions and cook for 3 to 4 minutes.

2. Pulse the broccoli and basil in a food processor until grated (~1 min). Add to the pan. (2.5 to 3 cups grated). Add a dash of salt, mix and cook for 3 to 4 minutes to dry out the excess moisture. (If the broccoli is dry, cook for only a minute). Take off heat.

3. Add in the spices, flour, breadcrumbs. Mix well. Whisk large egg. Mix in. Add the nutritional yeast. Add more breadcrumbs if needed.

4. Shape the mixture into balls. If the balls are too crumbly (depends on the moisture content, size of grated broccoli etc), add another large egg.

5. Place on a parchment paper lined baking sheet. Preheat the oven to 400 degrees F.

6. Bake for a total of 20 to 25 minutes or until crisp and golden on the outside. (Turn the sheet around after 15 minutes, and continue to bake).

PREP TIME: 15 MINS

COOK TIME: 25 MINS

TOTAL TIME: 40 MINS