

Crunchy Broccoli Bites With Buffalo Sauce

Yield: 4 servings

Ingredients

2 cups broccoli; cut into florets
1 egg
¼ cup bread crumbs; whole wheat
1 pinch kosher salt
1 pinch black pepper; ground
¼ teaspoon olive oil

For Buffalo Sauce:

¼ tablespoon olive oil
4 teaspoons hot sauce; (such as Frank's Red Hot Sauce)
⅓ teaspoon lemon juice
1 pinch black pepper; ground

Instructions

1. Gather all ingredients, equipment and preheat oven 400 degrees. In a small bowl beat egg. In separate bowl combine bread crumbs, salt, and pepper.
2. Dip broccoli florets in egg. Allow for excess egg to drip off and then place florets in breadcrumb mixture and cover with breading.
3. After broccoli is breaded spread in a single layer on a large baking sheet pan lightly coated with olive oil and cook for 15 minutes or until golden brown.
4. Mix olive oil, lemon juice, hot sauce and pepper and set aside.
5. Remove broccoli from oven and cool for 5 minutes. Serve ½ cup of broccoli and ½ oz. of buffalo sauce. Enjoy!

Nutrition Information

Serving Size: ½ cup

Calories: 139
Total Fat: 7.5 g
Saturated Fat: 2.5 g
Monounsaturated Fat: 2.7 g
Sodium: 399.7 mg
Total Carbohydrate: 8.1 g
Dietary Fiber: 1.5 g
Sugars: 6.6 g
Protein: 10.1 g

Source: Goldring Center for Culinary Medicine

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