



Broccoli Bites

Prep Time: 15 Min Cook Time: 25 Min Serves: 4

Ingredients:

- 1 large head of broccoli
- 3 large eggs
- 1 cup whole wheat, low-sodium breadcrumbs
- ½ tsp salt
- 1 tsp pepper
- 2 Tbsp dried Italian seasoning
- 2 tsp olive oil

Instructions:

1. Preheat oven to 425° F.
2. Lightly coat baking sheet with oil and set aside.
3. Chop broccoli into bite sized pieces.
4. Crack eggs into a bowl and whisk.
5. Put breadcrumbs and all seasonings in a separate bowl and mix well.
6. Dip one piece of broccoli in egg.
7. Then coat with the breadcrumb mixture.
8. Place on baking sheet in a single layer.
9. Continue until all the broccoli is breaded.
10. Bake for 15-25 minutes, or until golden brown.
11. Let cool, and serve.



Try with Apple
Seeds Ranch, or
Dijon Dippin'
Sauce!

