

Crunchy Broccoli Bites

These crunchy veggie bites really satisfy your craving for buffalo chicken wings with fewer calories, fat, and sodium!

YIELD	PREP TIME	TOTAL TIME
8 SERVINGS	15 MIN	30 MIN

INGREDIENTS

2 crowns Broccoli, cut into florets (about 8 cups)
2 each Eggs, large
 $\frac{3}{4}$ cup Whole Wheat Breadcrumbs
 $\frac{1}{8}$ tsp Kosher Salt
To Taste Black Pepper
As Needed Cooking Spray

For Sauce:

$\frac{1}{2}$ cup Greek Yogurt, plain, nonfat
2 Tbsp + 2 tsp Ketchup
2 tsp White Vinegar
2 tsp Worcestershire
1 tsp Salt-Free Creole Seasoning
 $\frac{1}{2}$ tsp Black Pepper
 $\frac{1}{2}$ tsp Garlic Powder
 $\frac{1}{4}$ tsp Kosher Salt

CHEF'S NOTES

This recipe also works well with cauliflower florets and zucchini, sliced into 1" thick rounds. It can be served with other sauces for dipping like marinara, ranch, or barbecue. You can also cool off your buffalo sauce by mixing in a little low-fat Greek yogurt.

Looking to make this vegan: just replace the eggs with 4 oz. of chickpea liquid (aquafaba) which you would otherwise toss out!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 400°F. Line two half sheet trays with parchment paper or foil.
3. In a medium bowl, whisk the eggs. In a separate medium bowl, combine the breadcrumbs, salt and pepper.
4. Dip individual broccoli florets into egg mixture. Allow for excess egg to drip off individual pieces, and place florets in the bread crumb mixture. Toss evenly to coat. Use a two-hand procedure, keeping one hand wet (egg) and one hand dry (breadcrumbs) to minimize breading your fingers.
5. After broccoli is breaded, place them spread out in a single layer on lined baking sheets. Bake for 15 minutes, or until golden brown.
6. For the sauce: In a small bowl, combine yogurt, ketchup, Worcestershire Sauce, vinegar, creole seasoning, black pepper, garlic powder, and salt. Stir together until thoroughly combined.
7. Serve 1 cup broccoli with 1½ Tbsp of sauce. Enjoy!

Nutrition Facts

8 servings per container

Serving size

**1 cup broccoli with 1.5 Tbsp sauce
(190g)**

Amount Per Serving

Calories

130

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 320mg **14%**

Total Carbohydrate 21g **8%**

Dietary Fiber 5g **18%**

Total Sugars 5g

Includes 2g Added Sugars **4%**

Protein 9g **18%**

Vitamin D 0mcg 0%

Calcium 110mg 8%

Iron 1.8mg 10%

Potassium 550mg 10%

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

CONTAINS: MILK, EGG, WHEAT



goldringcenter.tulane.edu



@culinarymedicine



Goldring Center for Culinary Medicine

