

# Veggie Bites

## (Low Protein)

Mix and match your favorite vegetables into these tasty bites! Mashed cassava (yuca) can be used in place of the potato, for lower protein, if you prefer.

YIELD	PREP TIME	TOTAL TIME
9 SERVINGS	45 MIN	60 MIN

Simplified Diet  
Protein

Serving

1.02g

Recipe

9.2g

### INGREDIENTS

1 cup	Instant Mashed Potato Flakes
1 cup	Water
2 Tbsp	Butter, unsalted
⅔ cup	Low-Protein Baking Mix (see reverse side for recipe)
1 tsp	Kosher Salt
½ tsp	Black Pepper, ground
½ tsp	Xanthan Gum
2 Tbsp	Olive Oil
1 cup	Broccoli, chopped small (about 4-5 large florets)
½ cup	Carrot, peeled and finely grated (about 1 medium)
¼ each	Onion, small dice
2 cloves	Garlic, minced
2 Tbsp	Parsley, chopped
As needed	Wheat Starch (~1/4 cup)
As needed	Non-stick Cooking Spray

### CHEF'S NOTES

**Serving Size = 4 - 1½" bites**

These veggie bites can be baked, air fried, or cooked in a skillet. If cooking in a pan, use a non-stick skillet and monitor the temperature of your pan as they can quickly go from golden brown to burnt.

While the veggie bite dough might be labor intensive, the uncooked dough freezes well. Simply pop the frozen uncooked dough into the oven later for a quick snack. If you have any cooked bites leftover, refrigerate and reheat in a toaster oven for best texture.

### DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 450°F. Line two half-sheet pans with parchment paper and lightly spray with non-stick cooking spray. Set aside.
2. In a microwave safe bowl, use a spatula to combine potato flakes and water. The mixture will be a thicker consistency. Microwave for 1 minute. Remove from microwave and stir in 2 Tbsp of butter. Microwave again for 1 minute, stir, transfer to a large mixing bowl, and set aside.
3. In a small bowl, whisk together baking mix, xanthan gum, salt, and pepper. Mix thoroughly and set aside.
4. In a medium pan, heat 2 Tbsp of olive oil and sauté the chopped broccoli, ½ cup grated carrots, onion, and garlic until softened, about 2-3 minutes. When ready, add the cooked vegetables and chopped parsley to the mashed potatoes and mix well.
5. Add reserved baking mix to the vegetable mixture and combine thoroughly. The dough may be stiff and difficult to mix with a spatula. If so, use clean hands to incorporate all ingredients.

6. Turn the dough out onto a smooth work surface that has been sprinkled lightly with wheat starch.
7. Using your hands, pat the dough into a ¼" thick rectangle shape. Using a knife or cookie cutter, cut into 1½" shapes. Continue pressing any dough scraps back into the rectangle until all dough is used. Sprinkle more wheat starch onto the work surface, as needed.
8. Place veggie bites onto the prepared sheet trays. Spray tops of bites with non-stick cooking spray. Bake for 12-15 minutes, flipping halfway through.
9. Serve with your favorite dipping sauce and enjoy!

<b>Nutrition Facts</b>	
9 servings per container	
<b>Serving size</b>	<b>4 - 1.5" bites (76g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>130</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber <1g	<b>3%</b>
Total Sugars <1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.3mg	8%
Potassium 230mg	4%
* 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.	

#### Low Protein Bulk Baking Mix:

- 6 cups Wheat Starch
- 1 cup Cake Flour
- 1½ tsp Xanthan Gum

CONTAINS: MILK, WHEAT

Recipes courtesy of and adapted from Cook for Love, "Cook for Love Baking Mix" and "Veggie Nuggets – Praeger Style"



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