

# Crunchy Veggie Bites with Creamy Creole Dip



*These crispy snacks are a great way to satisfy your craving for buffalo wings with vegetables and fewer calories, fat, and sodium!*

| YIELD      | PREP TIME | TOTAL TIME |
|------------|-----------|------------|
| 6 SERVINGS | 10 MIN    | 25 MIN     |

## INGREDIENTS

*For the Veggie Bites:*

|           |   |
|-----------|---|
| 3 each    | Eggs, large                                     |
| 1½ cup    | Whole Wheat Breadcrumbs                         |
| ¼ tsp     | Kosher Salt                                     |
| ¼ tsp     | Black Pepper                                    |
| 1 crown   | Broccoli, cut into florets (about 4 cups)       |
| ½ head    | Cauliflower, cut into florets (about 3 cups)    |
| 1 each    | Zucchini, cut into ¼ inch rounds (about 2 cups) |
| As needed | Cooking Spray                                   |

*For the Creamy Creole Dip:*

|        |                             |
|--------|-----------------------------|
| ¼ cup  | Greek Yogurt, nonfat, plain |
| ¼ cup  | Low-Fat Mayonnaise          |
| 2 Tbsp | Ketchup                     |
| ½ tsp  | Black Pepper                |
| ½ tsp  | Garlic Powder               |
| ½ tsp  | Smoked Paprika              |
| ¼ tsp  | Kosher Salt                 |

## CHEF'S NOTES

Feel free to serve your crunchy veggies with your favorite sauces for dipping like ranch, marinara, barbecue, or honey mustard.

Looking to make these veggies vegan friendly? Just replace the eggs with ¾ cup 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 sheet trays with parchment paper.
2. In a medium sized bowl or shallow dish, whisk the eggs. In a separate bowl or shallow dish, combine breadcrumbs, salt, and pepper.
3. Dip individual vegetable pieces into egg mixture. Allow for excess egg to drip off and place them in the bread crumb mixture. Toss evenly to coat. Place each piece in an even layer on the prepared sheet trays.
4. Bake in the preheated oven for 15 minutes, or until golden brown and tender.
5. Meanwhile, make the sauce: In a small bowl, combine yogurt, ketchup, Worcestershire Sauce, black pepper, creole seasoning, and garlic powder. Stir until a smooth sauce is formed.

**Nutrition Facts Found on the Reverse Side**

**07.17.25**

# Nutrition Facts

6 servings per container

## Serving size

**1 cup vegetables + 2 Tbsp sauce (293g)**

## Amount Per Serving

**Calories** **230**

**% Daily Value\***

**Total Fat** 6g **8%**

Saturated Fat 1g **5%**

*Trans* Fat 0g

**Cholesterol** 90mg **30%**

**Sodium** 590mg **26%**

**Total Carbohydrate** 35g **13%**

Dietary Fiber 8g **29%**

Total Sugars 7g

Includes 3g Added Sugars **6%**

**Protein** 13g **26%**

Vitamin D 0mcg 0%

Calcium 140mg 10%

Iron 2.7mg 15%

Potassium 700mg 15%

\* 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, ANCHOVIES, WHEAT



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