

Crunchy Veggie Bites with Buffalo Sauce



These crispy snacks are a great healthy twist on the classic buffalo chicken.

YIELD 4 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 25 MIN
-----------------------------------	-----------------------------------	------------------------------------

INGREDIENTS

For veggie bites:

½ head	Broccoli, cut into florets
½ head	Cauliflower, cut into florets
1 small	Zucchini
2 each	Eggs, large
1 cup	Breadcrumbs, Whole Wheat
1/4 tsp	Salt
½ tsp	Black Pepper
As needed	Cooking Spray

For Buffalo Sauce:

1 Tbsp	Butter, unsalted
⅓ cup	Hot Sauce (such as Franks or Crystal)
½ tsp	Lemon Juice
To taste	Black Pepper

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 400°F.
2. In a medium sized bowl, whisk the eggs. In a separate bowl combine breadcrumbs, salt, and pepper.
3. Dip individual vegetable pieces into egg mixture. Allow for excess egg to drip off individual pieces and place them in the bread crumb mixture. Toss evenly to coat.
4. After the vegetables are breaded, spread in a single layer on a baking sheet lined with parchment paper and bake in the preheated oven for 15 minutes, or until golden brown.
5. For the sauce: In the microwave, heat the butter for 15 seconds, or until completely melted. Mix in hot sauce, lemon, and black pepper. Stir until a smooth sauce is formed. Note: sometimes, if the hot sauce is cold from being kept in the refrigerator, the butter may solidify again, and the sauce will not be smooth. If this happens, microwave for 10 second at a time until the butter is fully melted again, and you have a smooth sauce.
6. Serve 1/2 cup of vegetables with 1 tablespoon of buffalo sauce. Enjoy!

Buffalo Sauce

Nutrition Facts	
8 servings per container	
Serving Size	1 Tbsp (12 g)
Amount per serving	
Calories	15
% Daily Value *	
Total Fat 1.5g	0%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol less than 5 mgmg	0%
Sodium 270mg	12%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 1mg	0%
Iron 0mg	0%
Potassium 1mg	0%
<small>*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.</small>	

Crunchy Veggie Bites with Buffalo Sauce

Nutrition Facts	
4 servings per container	
Serving Size	1 cup Vegetables + 2 Tbsp Buffalo Sauce (219 g)
Amount per serving	
Calories	140
% Daily Value *	
Total Fat 3g	4%
Saturated Fat 1g	6%
<i>Trans Fat</i> 0g	
Cholesterol less than 5 mgmg	0%
Sodium 550mg	24%
Total Carbohydrate 24g	9%
Dietary Fiber 6g	21%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 9g	18%
Vitamin D 0mcg	0%
Calcium 60mg	5%
Iron 1mg	6%
Potassium 500mg	12%
<small>*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.</small>	

