



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

Buffalo Broccoli Bites

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

YIELD 4 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 30 MIN
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INGREDIENTS

2 heads Broccoli (about 2 cups)
 2 each Eggs, large
 ¾ cup Whole Wheat Breadcrumbs
 1/8 tsp Kosher Salt
 To Taste Black Pepper
 As Needed Cooking Spray

For Buffalo Sauce:

2 tsp Butter, unsalted
 ¼ cup Hot Sauce (Crystal or Frank's)
 ¼ tsp Lemon Juice
 To Taste Black Pepper

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.
2. Cut the broccoli into florets that are bite-sized pieces.
3. In a small bowl, whisk the eggs. In a separate small 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 a baking sheet lined with parchment paper. Bake for 15 minutes, or until golden brown.
6. For the sauce: In the microwave, heat the butter for 10 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, and the sauce will not be smooth. If this happens, microwave for 10 seconds at a time until the butter is fully melted, and you have a smooth sauce.
7. Serve ½ cup broccoli with 1 ½ tsp of buffalo sauce. Enjoy!

Nutrition Facts

4 servings per container

Serving about 1/2 cup broccoli with 1 1/2

Size tsp buffalo sauce (92 g)

Amount per serving

Calories **140**

% Daily Value *

Total Fat 4g **5%**

Saturated Fat 1.5g **7%**

Trans Fat 0g

Cholesterol 95mg **32%**

Sodium 310mg **13%**

Total Carbohydrate 18g **7%**

Dietary Fiber 3g **11%**

Total Sugars less than 1g

Includes 0g Added Sugars **0%**

Protein 6g **13%**

Vitamin D 0.51mcg **3%**

Calcium 30mg **2%**

Iron 0.75mg **4%**

Potassium 200mg **5%**

*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.

