

# Crunchy Veggie Bites with Buffalo Sauce



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

<b>YIELD</b> <b>6 SERVINGS</b>	<b>PREP TIME</b> <b>10 MIN</b>	<b>TOTAL TIME</b> <b>25 MIN</b>
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## INGREDIENTS

*For the Veggie Bites:*

3 each	Eggs, large
1 ½ cup	Whole Wheat Breadcrumbs
½ 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 Buffalo Sauce:*

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

## 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 this dish 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 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.

# Nutrition Facts

6 servings per container

**Serving Size** 1 cup Vegetables + 1 Tbsp Buffalo Sauce (187 g)

Amount per serving

**Calories** **200**

% Daily Value \*

**Total Fat 5g** **7%**

Saturated Fat 2g **10%**

*Trans* Fat 0g

**Cholesterol 125mg** **42%**

**Sodium 510mg** **22%**

**Total Carbohydrate 29g** **10%**

Dietary Fiber 6g **20%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein 10g** **20%**

Vitamin D 0.68mcg **3%**

Calcium 60mg **5%**

Iron 1mg **7%**

Potassium 500mg **11%**

\*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.

