



Brocco Poppers



Ingredients

- 1/2 cup shredded **cheddar cheese** (2 ounces)
- 2 **eggs**
- 1/2 cup **dry bread crumbs**
- 1 Tablespoon all-purpose **flour**
- 1/4 teaspoon **garlic powder**
- 1/4 teaspoon **salt**
- 1/4 teaspoon **pepper**
- 12 ounces **frozen broccoli**, thawed, dried and chopped very small (about 2 1/2 cups)

Makes: 20 pieces
Prep time: 20 minutes
Cooking time: 15 to 20 minutes

Directions

1. Wash hands with soap and water.
2. Preheat oven to 375 degrees F. Lightly grease a baking sheet.
3. In a large bowl, stir together the cheese, eggs, bread crumbs, garlic powder, salt and pepper.
4. Add broccoli to the bowl and stir all ingredients to mix them evenly.
5. Scoop a rounded Tablespoon of the mixture onto the baking sheet and form into a ball. Leave about 1-inch between each ball.
6. Bake until poppers are golden brown and cheese is bubbling, about 15 minutes.
7. Remove from oven and let cool for 1 to 2 minutes before removing from the pan and serving.
8. Refrigerate leftovers within 2 hours.

This recipe was inspired by a culinary training session for child nutrition programs provided by Oregon Department of Education and the Oregon Dairy and Nutrition Council.

Notes

- Try adding other herbs and spices such as Italian seasoning or hot pepper sauce.
- Try different cheeses such as pepper jack or a mixture of mozzarella and parmesan.
- No frozen broccoli? Use fresh broccoli that is lightly cooked and chopped.
- Make your own bread crumbs from stale bread. Try using a box grater, rolling pin or food processor.
- No bread crumbs? Use cooked rice or quinoa instead.
- You can freeze the brocco poppers after step 5 and cook them later. Put the baking sheet in the freezer until balls are hard. Move balls to a labeled airtight freezer-safe container and return to the freezer. When ready to bake, remove from container and place on a lightly greased baking sheet.

Nutrition Facts

4 servings per container	
Serving size	5 pieces (140g)
Amount per Serving	
Calories	180
% Daily Value*	
Total Fat 8g	10 %
Saturated Fat 3.5g	18 %
Trans Fat 0g	
Cholesterol 105mg	35 %
Sodium 390mg	17 %
Total Carbohydrate 16g	6 %
Dietary Fiber 3g	11 %
Total Sugars 2g	
Includes 0g Added Sugars	0 %
Protein 11g	
Vitamin D 1mcg	6 %
Calcium 188mg	15 %
Iron 2mg	10 %
Potassium 258mg	6 %
Vitamin A 131mcg	15 %
Vitamin C 48mg	53 %

*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.