



Crunchy Broccoli Bites with Buffalo Sauce

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

U.S.

2 heads	Broccoli, cut into florets
4 each	Egg, large
1 cup	Bread Crumbs, whole wheat
1/4 tsp	Salt
To taste	Black Pepper, ground
As Needed	Cooking Spray

Metric

2 heads
4 each
225 g
1.2 g
To taste
As Needed

For Buffalo Sauce

1 Tbsp	Butter, unsalted	14 g
1/2 cup	Hot sauce (such as Crystal or Frank's)	128 mL
1/2 tsp	Lemon Juice	2.5 mL
To taste	Black Pepper, ground	To taste

Preparation:

1. Gather all ingredients and equipment
2. Preheat oven to 400°F (204°C).
3. Cut stalks off heads of broccoli with a sharp knife making sure the cut is high enough that the individual florets fall away as you cut. Cut any large florets into bite-sized pieces (about 1 inch big).
4. In a medium sized bowl, whisk the eggs. In a separate bowl combine bread crumbs, salt, and pepper.
5. 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.
6. After broccoli is 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.
7. 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.
8. Serve 1/2 cup of broccoli with 1 tablespoon of buffalo sauce. Enjoy!

****Nutrition Facts on Reverse**

9/1/20

Nutrition Facts

8 Servings

Serving size **1/2 cup Broccoli w/ 1 Tbsp Buffalo sauce**

Amount per serving

Calories **160**

Total Fat	5 g
Saturated Fat	2 g
Trans Fat	0 g
Monounsaturated Fat	2 g
Cholesterol	95 mg
Sodium	170 mg
Total Carbohydrate	21 g
Dietary Fiber	5 g
Total Sugars	3 g
Includes 0g Added Sugars	
Protein	9 g
Vitamin D	3 %
Calcium	7 %
Iron	9 %
Potassium	600 mg
Phosphorus	150 mg
