



Broccoli Cheddar Croquettes

Savory and convenient, these broccoli cheddar croquettes are filling, crispy, full of beneficial fiber, and a great hit with kids and adults. Serve as an on the go breakfast, snack or light lunch. Make ahead and freeze for later use. Reheat in the microwave or in a 350°F oven for 15 minutes

Serves: 4

Serving Size: 1 Patty

Ingredients

- 4 cups broccoli florets, stems removed and saved for later use
- 1 tablespoon of water
- ½ cup shredded cheese: cheddar or mozzarella
- ¼ cup flour
- 2 large eggs, whisked
- 1 garlic clove, peeled and minced
- ½ tsp. paprika (can use smoked)
- ½ tsp. salt
- 2 tablespoon oil for cooking

Directions

1. Add broccoli florets to a microwave safe bowl with 1 tablespoon of water. Cover and cook in microwave for 2 minutes.
2. Let broccoli cool, then chop up into very small pieces.
3. In a large bowl, combine chopped broccoli, cheese, flour, eggs, garlic, paprika. Add salt, and pepper to taste.
4. Heat oil in a large fry pan over medium-high heat.
5. Spoon ¼ cup of batter into a pan.
6. Cook for 2 -3 minutes per side. Repeat until all of the batter is gone. Do not overcrowd pan.
7. Serve, and enjoy as a filling breakfast or after school snack!

Nutrition Info per serving:

Calories: 225, Saturated Fat: 5g, Sodium: 464 mg, Added Sugars: 0g, Fiber: 2.8g

Recipe adapted from:

<https://www.thehealthymaven.com/broccoli-cheddar-fritters/>