



# Catholic Health Initiatives

*Imagine better health.®*

## Broccoli Tots

*Serves 4*

*Prep/cooking time:*

*Approximately 35 minutes*

### Ingredients:

4-5 cups broccoli florets, steamed

1 cup cheddar cheese (or substitute cheese of choice)

1/3 cup onion, finely chopped

1/2 cup breadcrumbs

2 eggs

Salt and pepper



## Kid Pleasing

### Directions:

Preheat oven to 400 degrees. Place steamed broccoli onto paper towel and press down firmly with more towel to absorb as much moisture as possible. Finely chop the broccoli. In a large bowl, combine all of the ingredients and stir until everything is well mixed. Spray mini muffin tin with olive oil and fill each cup to the top, pushing down the filling firmly. Bake for 18-20 minutes or until the top starts to golden. Remove from pan and enjoy!

Harvest of the Month  
*broccoli*