

Broccoli



Broccoli belongs to a family of vegetables called cruciferous vegetables and its close relatives include brussels sprouts, cauliflower, and cabbage.

A cup of broccoli offers as much vitamin C (which builds new tissue and bone and helps wounds and cuts heal) as an orange, and is a good source of folate (production and maintenance of new cells in the body). Broccoli contains vitamins B1, B2, B3, B6, iron, magnesium, potassium (essential for function of nerves and heart function), and zinc too. It also provides fiber (promoting digestive health and lower cholesterol) and is low in calories.

Broccoli & Chard Cheddar Tots

Serves

Prep Time: 15 minutes

Cook Time: 20 minutes

Ingredients

½ head broccoli, cut into florets

4-5 leaves chard, stems removed

¼ cup sliced green onion

1 large egg, beaten

2/3 cup shredded cheddar

½ cup panko or regular bread crumbs

Salt & pepper, to taste

Directions

1. Preheat the oven to 400°F. Blanche the broccoli and chard leaves in boiling water for 1 minute, place immediately in ice bath to stop the cooking process. Drain thoroughly and finely chop. Mix in the remaining ingredients.

2. Shape about 1 tablespoon of the mixture into tater tot shapes and place on a parchment lined or non-stick baking sheet. Continue until all the mixture is used. Bake in the oven for 18-20 minutes until golden brown, turning halfway through.

Enjoy!