



## Broccoli Cheese Bites

### Ingredients

Cooking spray

2 heads broccoli, trimmed (about 1 1/2 pounds)

2 eggs

½ cup shredded cheddar (or any shredded) cheese

1/3 cup bread crumbs

½ cup minced onion

½ teaspoon salt

¼ teaspoon ground black pepper

### Directions

1. Preheat the oven to 400 degrees F. Coat one large (or two small) baking sheets with cooking spray. Set aside.
2. Steam the broccoli for approximately 10 to 12 minutes, until soft. Set aside to cool (for about 10 minutes).
3. Add the broccoli and remaining ingredients to a blender or food processor and pulse to combine. Do not overmix; the mixture should be slightly chunky, not a paste. Let the mixture rest for 10 minutes.
4. After resting the mixture, stir it, and scoop and drop by tablespoonfuls onto the prepared baking sheet.
5. Lightly spray the top of each ball with cooking spray. Bake for 15 minutes. Turn the pieces over and bake an additional 10 minutes, or until golden brown.