

Broccoli Balls

Recipe Type: Side Dish

Serves: 4

Prep Time: 5 minutes

Cooking Time: 30 minutes

C means cup

T means tablespoon

t means teaspoon

oz means ounce

What you need:

1–10 oz package of frozen chopped broccoli

1 C water

$\frac{2}{3}$ C cornbread stuffing

$\frac{1}{4}$ C reduced fat shredded cheddar cheese

2 eggs

1 T canola oil

2 garlic cloves

$\frac{1}{4}$ t ground black pepper



This is a picture of 1 serving.

What to do:

1. Wash your hands.
2. Preheat the oven to 350°F degrees.
3. Boil the broccoli in 1 C of water until the broccoli is defrosted.
4. Drain the broccoli and put it in a large mixing bowl.
5. Add the rest of the ingredients and mix well.
6. Shape $\frac{1}{4}$ C of the mixture into a ball.
7. Repeat until the mixture is gone.
8. Place the balls on a baking sheet.
9. Bake for 20 minutes.
10. Enjoy them while they are still warm!

Tip: Instead of frozen broccoli you can use 2 C of fresh, cooked broccoli.

Contains: Wheat, Milk, and Egg

Nutrition Facts

4 servings per container

Serving size 3 Balls (198g)

Amount per serving

Calories 160

% Daily Value*

Total Fat 9g 12%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 85mg 28%

Sodium 290mg 13%

Total Carbohydrate 12g 4%

Dietary Fiber 2g 7%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 8g

Vitamin D 0mcg 0%

Calcium 95mg 8%

Iron 1mg 6%

Potassium 214mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FK= 4.3