

# BROCCOLI CAKES



VantageWellness.com

## Ingredients

Yield: 6

- 1 broccoli bunch, cut into florets
- 2 eggs, lightly beaten
- 2 egg whites, lightly beaten
- 1/3 c grated low fat Parmesan cheese
- 2 tbsp all-purpose flour
- 1/2 tsp salt
- 1/2 tsp garlic powder
- 1/2 tsp pepper
- 2 tbsp canola oil
- Salsa, optional

## Directions

1. Steam broccoli in steamer or sauce pan and cook 4-5 minutes or until crisp-tender. Coarsely chop broccoli and set aside.
2. In a large bowl, combine the eggs, egg whites, cheese, flour, salt, garlic powder and pepper. Stir in chopped broccoli.
3. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Drop batter by 2 heaping tablespoonfuls into oil; press lightly to flatten. Cook in batches for 3-4 minutes on each side or until golden brown, using remaining oil as needed. Drain on paper towels.

## Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
2 cakes	130	8 g	8 g	8 g	335 mg

Carbohydrate Exchanges: ½