Go for the Greens

This year’s Go for the Greens vegetable is **Broccoli**

- Broccoli is a cruciferous vegetable.
- The stalk of broccoli contains the most fiber!
  - **Fiber** helps maintain a healthy digestive system.
- The leaves of broccoli have a lot of vitamin E, K, and calcium.
  - **Calcium** is important for bone health.
- Broccoli can be eaten raw or cooked. Enjoy broccoli with your favorite dip!

Fun fact, 1 cup of raw broccoli contains almost 90% of water!
Go for the Greens
Healthy Baked Broccoli Tots

**Ingredients**
- 2 cups or 12 ounces uncooked or frozen broccoli
- 1 large egg
- 1/4 cup diced yellow onion
- 1/3 cup cheddar cheese
- 1/3 cup Italian breadcrumbs
- 2 tablespoons parsley
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
Go for the Greens
Healthy Baked Broccoli Tots

**Instructions**

- Preheat the oven to 400°F OR preheat air fryer to 385°F
- Grease a baking sheet with a thin layer of oil.
- With a microwaveable broccoli steam bag, microwave on high for 5 minutes
- Chop broccoli finely and mix thoroughly with the egg, onions, cheddar, breadcrumbs, and seasoning. Scoop about 1 tablespoon of mix and gently press between your hands into a firm ball then shape into a tater-tot shape.
- Next, place on your prepared baking sheet if you choose to cook in the oven or place on foil wrap if you choose to cook in the air fryer.
- Bake until golden brown and crispy, 18-24 minutes in the oven, turning half way or 12 minutes in the air fryer.
- Remove from the oven/air fryer and enjoy with your favorite dipping sauce!
References:

