

## Vegetable Bites

©www.BakingInATornado.com

### Ingredients (makes about 18):

2 1/2 cups steamed, finely chopped broccoli and cauliflower florets  
2 green onions, chopped  
salt and pepper to taste  
1 egg  
1 cup shredded sharp cheddar cheese  
1/4 cup flour  
3 TBSP olive oil, divided  
2 TBSP butter, divided  
3/4 cup seasoned bread crumbs

OPT: sour cream or ricotta cheese for serving

### Directions:

\*Mix together the chopped broccoli and cauliflower, green onions, salt, pepper and eggs. Mix in the sharp cheddar and flour.

\*NOTE: You can make this right away, but I find it easier to work with if you refrigerate this mixture from a few hours to overnight before frying.

\*Place the seasoned bread crumbs into a plastic bag. Form the vegetable mixture into about 1 inch balls with your hands. Roll in the bread crumbs.

\*Heat 2 TBSP of the olive oil and 1 TBSP of the butter in a large saute pan over medium heat until hot. Place the vegetable balls, about 9 at a time, into the pan. Using a spatula, flatten.

\*Once they start to brown, lower the heat to medium and cook until the bottoms are browned. Gently flip over, fry the other side until browned, then remove to drain on a paper towel. Repeat with the remaining vegetable balls. You may need to add the remaining 1 TBSP olive oil and 1 TBSP butter.

\*OPT: Serve with a dollop of sour cream or ricotta cheese.