

Crispy Broccoli Parmesan Fritters

Crispy Broccoli Parmesan Fritters -- baked instead of fried -- is a great way to deliciously stash veggies for both children and adults!

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Serves: 8-10 Fritters

Ingredients

- 1 large, fresh broccoli
- 1 large egg
- ½ an onion
- 2 teaspoons minced garlic
- ⅓ cup shaved Parmesan cheese
- ⅓ cup flour (or almond flour for a lower carb option)
- 1 teaspoon kosher salt
- ¼ teaspoon black pepper
- Olive oil cooking spray



Instructions

1. Preheat oven to 400°F | 200°C. Line 2 baking sheets with parchment paper; set aside.
2. Chop the broccoli into florets. Discard the hard part off of the stem, and chop the stem also. Place the broccoli and stem pieces into a food processor and pulse a few times until the broccoli is chopped. Add in the eggs, onion, garlic, flour and Parmesan. Pulse again a couple of times until well combined (about 5 seconds of pulsing). Stir the salt and pepper through the mixture.
3. Form 8-10 fritters on the prepared baking sheets, making sure they don't touch each other. Spray with a light coating of olive oil spray.
4. Bake for 12-15 minutes on each side until golden.
5. Alternatively pan fry in a nonstick pan over medium heat until golden on both sides.
6. Allow fritters to cool slightly before serving. Serve with ketchup, Greek yogurt or fat free sour cream.

Recipe by Cafe Delites at <https://cafedelites.com/2016/04/06/crispy-broccoli-parmesan-fritters-recipe/>