

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:

- 10 oz package of frozen chopped broccoli
- 1 C water
- 2/3 C cornbread stuffing
- 1/4 C reduced fat shredded cheddar cheese
- 2 eggs
- 1 T canola oil
- 2 garlic cloves
- 1/4 t black pepper



This is a picture of 1 serving.

What to do:

1. Preheat the oven to 350° degrees.
2. Wash your hands.
3. Boil the water and broccoli 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 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.

Nutrition Facts	
Serving Size 3 balls	
Amount Per Serving	
Calories 130	Calories from Fat 70
%Daily Value*	
Total Fat 8 g	12%
Saturated Fat 2 g	10%
Trans Fat 0 g	
Cholesterol 95 mg	32%
Sodium 160 mg	7%
Total Carbohydrate 8 g	3%
Dietary Fiber 3 g	12%
Sugars 1 g	
Protein 8 g	
Vitamin C 70%	
Calcium 10%	

* Percent Daily Values are based on a 2,000 calorie diet.

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