



# WellBeingMD's Mindful Kitchen

## Parmesan Broccoli Bites

Adapted from Eating Well Magazine, September 2017

Almond flour (aka almond meal) makes the coating on these broccoli bites extra-crunchy and flavorful. This gluten free adaption can be served as an appetizer or a side dish. It's a great way to get your kids and adults who are broccoli adverse to expand their vegetable palate.

**Serves:** 6

**Prep Time:** 20 minutes

**Cooking Time:** 45 minutes



### Ingredients:

- Olive oil or coconut oil cooking spray
- 1 pound **broccoli crowns**, trimmed
- 2 tablespoons organic **cornstarch**
- 2 large **eggs**, beaten
- 1 tablespoon **whole milk**
- 1 ¼ cups **almond flour or almond meal**
- ⅓ cup grated **Parmesan cheese**
- ¾ teaspoon **paprika**
- ½ teaspoon **baking powder**
- ¼ teaspoon **salt**
- ⅛ teaspoon **cayenne pepper** (optional)

### Directions:

1. Heat oven to 425°F. Coat a large baking sheet with cooking spray.
2. Cut broccoli into florets and peel the stems. Toss with cornstarch in a large bowl.
3. Whisk eggs and milk in a shallow dish.
4. Whisk almond flour (or meal), Parmesan, paprika, baking powder, salt, pepper and cayenne (if using) in another shallow dish.
5. Dip a few pieces of broccoli at a time in the egg mixture, allowing excess to drip off, then dredge in the flour mixture, tapping off any excess.
6. Transfer the broccoli to the prepared baking sheet.
7. Generously coat with cooking spray.
8. Bake the broccoli, without turning, until golden brown and tender-crisp, 25 to 30 minutes.



Your parents knew what was up when they told you to eat your broccoli. This verdant vegetable is a powerhouse of nutrients. It's reputed to **benefit digestion**, the **cardiovascular system** and the **immune system**, and to have **anti-inflammatory** and even **cancer-preventing properties**. Plus, this fat-free vegetable is low in sodium and calories, at about 31 calories per serving. Broccoli has an impressive nutritional profile. It is "**high in fiber, very high in vitamin C** and has **potassium, B6 and vitamin A**. For a nonstarchy vegetable, it has a good amount of protein. Broccoli is also packed with **phytochemicals and antioxidants**. Phytochemicals are chemicals in plants that are responsible for color, smell and flavor. The phytochemicals in broccoli are good for the immune system. They include **glucobrassicin**; carotenoids, such as **zeaxanthin and beta-carotene**; and **kaempferol**, a flavonoid. Antioxidants are chemicals produced by the body or found in fruits, vegetables and grains. Antioxidants can help find and neutralize free radicals that cause cell damage." Free radicals are unstable molecules made during metabolism. The damage they can cause may lead to cancer, according to the National Cancer Institute. Broccoli is also a good source of **lutein**, a compound antioxidant, and **sulforaphane**, which is a very potent antioxidant. Broccoli also contains additional nutrients, including some **magnesium, phosphorus, a little zinc and iron**.

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Home of "The Mindful Kitchen"

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