

## March 2021

### MARCH – National Nutrition Month

#### *Eat Right Bite by Bite*

Moderation is key! Enjoy your favorite sweets or treats in small amounts surrounded by lean protein, fruits, and vegetables.

#### *Broccoli Bites*

#### Ingredients

12 oz broccoli florets (frozen bag works well here)	2/3 cup reduced fat sharp cheddar cheese (grated)
1 large egg	1/2 cup seasoned breadcrumbs
1 large egg white	salt and pepper to taste
1/2 cup finely chopped scallion	cooking spray

#### Instructions

1. To cook the broccoli florets, blanch in a pot of boiling water for 1 minute, then rinse under cold water and drain well; dry on paper towel. (*“make it easy”* option - to use steamable bag of broccoli, dry well on paper towel)
2. Using a knife finely chop and set 2 cups aside.
3. Preheat oven to 400°F.
4. Spray a nonstick cookie sheet with cooking spray.
5. In a medium bowl, combine all of the ingredients and season with salt and pepper to taste.
6. Spoon heaping tablespoons of mixture in your hands and roll into small ovals. (*“make it easy”* option – use a small cookie scoop)
7. Place on the cookie sheet and bake for 16-18 minutes, turning halfway through cooking until golden. (*“make it easy”* option – if you have an air fryer, these cook in ½ the time and crisp-up nicely!)

#### Makes ~ 28 tots

1 serving = 7 tots, 152 calories, 14g carbs, 4g fiber, 476mg sodium, 13g protein  
(WW - 4 blue smart points, 3 green smart points, 4 purple smart points)