



Crunchy Buffalo Broccoli Bites with Honey Mustard Sauce

These crispy snacks are a great healthy twist on the classic buffalo chicken.

<u>U.S.</u>		<u>Metric</u>
2 heads	Broccoli, cut into florets	2 heads
4 large	Egg	4 large
1 cup	Bread Crumbs, whole wheat	226.8 g
1/4 tsp	Salt	1.2 g
1/4 tsp	Pepper	1.2 g
As Needed	Cooking Spray	As Needed

For Honey Mustard Sauce:

1/2 cup	Low-fat yogurt, plain	113.4 g
2 Tbsp	Sour Cream, reduced fat	28.7 g
1 Tbsp	Creole Mustard	14.4 g
1 1/2 Tbsp	Honey	21.5 g
3/4 tsp	Cider Vinegar	3.6 g
To Taste	pepper	To Taste

For Buffalo Sauce:

1 Tbsp	Butter, unsalted	14.4 g
1/3 cup	Hot sauce (such as Frank's Red Hot Sauce)	75.6 g
1/2 tsp	Lemon Juice	2.4 g
To taste	Pepper	To taste

Preparation:

1. Gather all ingredients and equipment and preheat oven 400°F.
2. In a small bowl beat egg. In a separate bowl combine bread crumbs, salt, and pepper.
3. Dip broccoli florets in egg. Allow for excess egg to drip off and then place florets in bread crumb
4. After broccoli is breaded spread in a single layer on a non-stick sheet pan sprayed with cooking
5. In a small bowl combine yogurt, sour cream, mustard, honey, vinegar, and pepper. Mix well and
6. Remove broccoli from oven and cool for 5 minutes.
7. Serve 1/4 cup of broccoli and 1 oz of honey mustard and 1/2 oz of buffalo sauce. Enjoy!

Nutrition Facts**Serving size****1/2 cup****Servings****8****Calories**

130

Calories from Fat

40

Total Fat

4.5 g

Saturated Fat

2 g

Trans Fat

0 g

Monounsaturated Fat

1.5 g

Cholesterol

95 mg

Sodium

460 mg

Carbohydrates

16 g

Dietary Fiber

4 g

Sugars

7 g

Protein

9 g

Vitamin A

25 %

Calcium

10 %

Vitamin C

240 %

Iron

10 %

Phosphorus

179 mg