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| Crispy Broccoli Parmesan FrittersThis recipe makes use of Riverside’s farm-fresh broccoli.C:\Users\Jen\AppData\Local\Microsoft\Windows\INetCache\IE\VO1GFJSK\Vinilo_decorativo_gorro_chef_2[1].png**Ingredients*** 1 large fresh **broccoli** head
* 1 large egg
* 1/2 an onion
* 2 teaspoons minced garlic
* 1/3 cup shaved Parmesan cheese
* 1/3 cup flour (or almond flour for a lower-carb option)
* 1 teaspoon kosher salt
* ¼ teaspoon black pepper
* Olive oil cooking spray

**Directions**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 sour cream.

Photo & Recipe: [cafedelites.com](https://cafedelites.com/crispy-broccoli-parmesan-fritters-recipe/) |

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| Photo and recipe: Debi / Simply Beautiful Eating |
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