



Broccoli Potato Bites

3 servings

1 hour

Ingredients

- 1 1/2 Russet Potato (medium, peeled and cut in half)
- 1 1/2 cups Broccoli (cut into small florets)
- 1/3 tsp Onion Powder
- 1/3 tsp Garlic Powder
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	100
Fat	0g
Carbs	22g
Fiber	3g
Sugar	2g
Protein	4g
Cholesterol	0mg
Sodium	175mg
Vitamin A	292IU
Vitamin C	48mg
Calcium	38mg
Iron	1mg

Directions

- 1 Add the potatoes to salted water and bring to a boil. Cook for 10 to 12 minutes or until just fork tender (do not overcook). Drain the potatoes and set aside to cool until they are comfortable to handle.
- 2 Meanwhile, steam the broccoli for five to seven minutes until tender. Let the broccoli cool slightly. Finely chop the cooked broccoli and place on a clean kitchen towel (or use a nut milk bag). Squeeze as much liquid as possible from the broccoli. Transfer the broccoli to a mixing bowl.
- 3 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 4 While the potatoes are still warm, grate on the large side of a box grater and add to the mixing bowl with the broccoli. Season with the onion powder, garlic powder and salt. Mix until the potato and broccoli are very well combined.
- 5 Form the potato mixture into tightly-packed flat discs and place on the baking sheet. Bake for 30 minutes, flipping halfway through. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days for freeze for up to three months. Reheat in the oven or microwave until warmed through.

Serving Size: One serving is approximately four potato broccoli bites.

More Flavor: Use fresh garlic instead or add other herbs and spices. Dip in your favorite sauce.