

BROCCOLI CHEDDAR DISCS



	Ingredients	Exchanges
Protein	20.5 gm cheddar cheese	2.7 (-4.05 gm fat)
	----- 15 gm raw egg	----- 1 (-1 gm fat)
Fat	15 gm mayonnaise	4 (-5.05 gm)
Carbohydrate	16.1 gm broccoli, fresh, florets	1.3
Other	Salt, pepper, garlic powder, and onion powder	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- Preheat oven to 350° F.
- In a small bowl, mix together the cheddar cheese, mayonnaise, egg, and broccoli.
- Season with salt, pepper, and onion powder to taste. Stir well.
- Cover a baking sheet with parchment paper.
- Pour the mixture onto the parchment paper in small rounds.
- Bake for 15-20 minutes until firm.
- Serve warm.

VARIATIONS

- Other vegetables such as zucchini, mushrooms, or spinach may be substituted for the broccoli.
- Other cheeses that are firm/medium may be used such as parmesan or Colby jack.
- When adjusting, keep the amount of mayonnaise and egg about equal.
- If you child's meal plan requires more mayonnaise, you can serve the extra mayonnaise as a "dip" on the side. To make a dip, you can simply season mayonnaise with salt, pepper, onion powder, garlic powder, etc.