



## Broccoli Cheese Bites with Black Bean Burger

### Ingredients

- 16 ounces cooked broccoli
- 1 cup Italian bread crumbs
- 1 ½ cup shredded cheese
- 3 eggs
- Salt, pepper and garlic to taste
- Black bean burger (frozen, suggested-Morning Star Brand)

## Directions

1. Preheat your oven to 375 degrees. Thaw 16 ounces of broccoli (or cook fresh broccoli until soft), and chop into small pieces. Combine your broccoli, 1 cup of Italian bread crumbs, 1-2 cups of cheese, 3 eggs and 1 tablespoon of salt, pepper and garlic salt into a large bowl.
2. Mix together well.
3. Create small patties (the smaller, the crispier they get) and place them on a parchment paper lined baking sheet.
4. Bake in the oven at 375 degrees for 20-25 minutes (depending on how large you make your patties) flip half way through.
5. Remove from the oven and let cool for a few minutes. Serve with ranch or your favorite dipping sauce.
6. For the black bean burgers, warm up in the microwave, 1:15-2 minutes each.