



Jean Trebek's Broccoli Cheddar Bits Recipe

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At a birthday celebration I attended, my friend Shanna served these delicious [Broccoli](#) Cheddar Bits as an appetizer. I was so taken with these little gems of goodness, that I asked for the recipe to make sure our readers would know of this very easy, delicious and somewhat healthy appetizer. Of course, you can make them bigger and serve with your main [entree](#)...the choice is always yours!

Oh, and please use Cheddar cheese, as the sharp bite to this particular cheese makes a big difference to the savory flavor of this starter.

INGREDIENTS

- 1 Large bunch of broccoli florets
- 2 eggs, lightly beaten
- 1/2 cup, packed, torn fresh bread (no crust)
- 1/4 cup grated onion
- 1/4 cup mayonnaise
- 1 cup packed, grated sharp cheddar cheese
- 1 1/2 teaspoons lemon zest
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper

DIRECTIONS:

Thoroughly wash the broccoli florets and place in a steamer. Place 1 inch of water in a pot with a steamer basket. Bring to a boil.

Steam the broccoli florets for 5 minutes, until just tender.
Rinse with cold water to stop the cooking.

Finely chop the steamed broccoli florets.
You should have about 2 to 2 1/2 cups.

Make the filling:

Place the lightly beaten eggs and the torn bread (I like to use sour dough bread) in a large bowl. Mix until the bread is completely moistened.

Add in the grated onion, mayonnaise, cheddar cheese, lemon zest, salt and pepper.

Combine in the chopped (almost minced) broccoli.

Preheat oven to 350 degrees.

Grease the wells of 2 mini muffin pans (1 dozen wells each) with olive oil, so that the bits don't stick.

Spoon in the broccoli mixture in each muffin well, 3/4 full.

Bake at 350 F for 20 minutes, until cooked through and lightly browned on top.

Note: If you don't have mini muffin pans, you may bake the bites freeform.

Just grease a baking sheet and spoon large dollops of the broccoli mixture onto the pan. Baking time is the same.

This recipe is adopted from Simply Recipes.

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