THE CAFETERIA CONNECTION

Tasteful Harvest *Broccoli*

Broccoli Bites

Ingredients
9 pounds, 8 ounces Broccoli, frozen, chopped
1 pound, 8 ounces Cheddar cheese, lowfat, shredded
3 pounds, 8 ounces Egg whites, frozen and thawed
1 pound, 14 ounces Bread crumbs

Instructions
1. Combine broccoli, cheese, egg whites, and bread crumbs in a large bowl. Stir well.
2. Using a No. 10 scoop, portion 2/3 cup (about 4 oz) broccoli mixture onto a sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray. For 50 servings, use 2 pans.
3. Bake: Conventional oven: 375 °F for 25 minutes. Convection oven: 350 °F for 15 minutes.

SERVES 50