



BROCCOLI STALK CHEDDAR FRITTERS

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INGREDIENTS

Olive oil cooking spray
8 ounces broccoli stalks, cut into 2" pieces
(or a combination of stalks and florets)
1 cup shredded cheddar cheese
1 egg
 $\frac{3}{4}$ cup panko breadcrumbs,
plus more if needed
 $\frac{1}{2}$ teaspoon onion powder
 $\frac{1}{4}$ teaspoon baking powder
Kosher salt and freshly ground black pepper

SCRAP: BROCCOLI STALKS

DIRECTIONS

Heat oven to 375° F.

Spray a parchment-lined rimmed baking sheet with cooking spray.

Bring a large pot of salted water to a boil. Add broccoli stalks and boil for about 2 minutes, drain, let cool. Alternately, skip this step if using leftover cooked broccoli.

Attach the Metal Food Grinder with coarse grinding plate to the power hub of your KitchenAid® Stand Mixer. Place mixing bowl under grinder.

Add a few pieces of broccoli stalks to food tray, then turn mixer to speed 4 and push down with food pusher. Continue to grind remaining broccoli stalks.

Attach the flat beater and bowl to your Stand Mixer. Add cheese, egg, breadcrumbs, onion powder, baking powder, $\frac{1}{4}$ each teaspoon salt and pepper. Mix on speed 4 until just combined (don't overmix). Refrigerate for about 10 minutes.

Using your hands or an ice cream scoop, form mixture into about 15 patties and place on baking sheet. If mixture is too wet and not holding together, add a few more tablespoons breadcrumbs. Spray fritters with cooking spray.

Bake for about 30 minutes until golden brown, carefully flipping halfway through baking.

MAKES 15 FRITTERS