

## Crispy Broccoli Cheese Balls: Easy Baked Veggie Bites

Looking for a fun, flavorful, and surprisingly healthy way to enjoy broccoli? These



**OVEN**  
**400°F**

**TIME**  
**5-7 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

- 2 cups broccoli florets (fresh or frozen)
- 1 cup cheddar cheese, shredded
- 1/4 cup Parmesan cheese, grated
- 1/4 cup breadcrumbs (plain or Panko)
- 1 egg, beaten
- 1 clove garlic, minced
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Cooking oil spray

Swaps and Notes:

**Broccoli Florets:** Fresh broccoli florets are ideal.

If using frozen, ensure they are thawed and thoroughly patted dry after steaming to remove excess moisture.

**Cheddar Cheese:** Sharp or mild cheddar works great. Other good melting cheeses like Monterey Jack or a Mexican blend can be used.

**Parmesan Cheese:** Freshly grated Parmesan adds a stronger, nuttier flavor than pre-grated.

**Breadcrumbs:** Plain breadcrumbs act as a binder and help create a crispy exterior. Panko breadcrumbs will offer an even crispier result. For a gluten-free option, use gluten-free breadcrumbs.

**Egg:** Acts as a binder to hold the balls together.

**Garlic:** Freshly minced garlic provides the best flavor. Garlic powder can be substituted (about 1/4 teaspoon).

Seasoning: Adjust salt and pepper to taste. A pinch of onion powder or a tiny dash of red pepper flakes can add extra flavor.

Cooking Oil Spray: Helps the balls get golden and crispy without needing excess oil.

## DIRECTIONS

1. Let's get these delicious : Broccoli Cheese Balls baked to crispy perfection!
2. Preheat : Oven & Prep Sheet: Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper. This is essential to prevent sticking and makes cleanup a breeze.
3. Steam : Broccoli: Place the broccoli florets in a steamer basket over a pot of boiling water. Steam for about 5-7 minutes, or until they are tender when pierced with a fork but still bright green. Do not overcook them, or they will be mushy. Drain the steamed broccoli very well and let it cool slightly.
4. Chop : Broccoli: Once cooled slightly, transfer the steamed broccoli to a cutting board. Chop the broccoli into very fine pieces. The finer the chop, the better they will bind into balls. Transfer the chopped broccoli to a large mixing bowl.
5. Combine : Ingredients: Add the shredded cheddar cheese, grated Parmesan cheese, breadcrumbs, beaten egg, minced garlic, 1/4 teaspoon salt, and 1/4 teaspoon black pepper to the bowl with the finely chopped broccoli. Mix everything together very well with your hands or a sturdy spoon until all the ingredients are thoroughly combined and the mixture is cohesive.
6. Shape : Balls: Using your hands, shape the mixture into small balls, about 1 to 1.5 inches in diameter. Place the formed balls on the prepared baking sheet, leaving a little space between each one.
7. Spray & : Bake: Lightly spray the broccoli cheese balls generously with cooking oil spray. This helps them get that beautiful golden color and crispy

exterior. Bake in the preheated oven for 15-20 minutes, or until the balls are golden brown and crispy on the outside. The cheese inside should be melty and bubbly.

8. **Cool & : Serve:** Remove the baking sheet from the oven and let the broccoli cheese balls cool slightly for a few minutes before serving. This allows them to firm up slightly. Serve warm.

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**Cheddar Cheese:** Sharp or mild cheddar works great.

Other good melting cheeses like Monterey Jack or a Mexican blend can be used.

## TIPS FOR SUCCESS

**Drain Broccoli Well:** Excess moisture from the broccoli is the enemy of crispiness!

After steaming, ensure the broccoli is well-drained and chopped finely to prevent a soggy texture.

**Chop Broccoli Finely:** Finer pieces of broccoli bind better and create a more uniform ball.

**Don't Overmix:** Mix the ingredients just until combined.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/crispy-broccoli-cheese-balls-easy-baked-veggie-bites/>