

Crispy Broccoli Cheese Patties - A Healthy, Cheesy Snack

Broccoli Cheese Patties - The Crispy, Cheesy Veggie Snack You'll Crave



OVEN
400°F

TIME
25 min

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INGREDIENTS

3 cups fresh broccoli florets, finely chopped or grated
1 cup shredded cheddar cheese
1/2 cup breadcrumbs (regular or panko)
2 large eggs
1/4 cup grated Parmesan cheese (optional but delicious)
1/2 tsp garlic powder
1/2 tsp onion powder
Salt and pepper to taste
2 tbsp all-purpose flour (optional, for better binding)
2 tbsp olive oil (for frying)

DIRECTIONS

1. **Prep Your Broccoli:** Finely chop or grate fresh broccoli florets. You want small, uniform pieces for best texture.
2. **Mix It Up:** In a large bowl, combine broccoli, cheddar, breadcrumbs, Parmesan (if using), garlic powder, onion powder, salt, pepper, and eggs.
3. **Mix well** until evenly combined. If the mixture feels wet, sprinkle in the flour to help bind it together.
4. **Form the Patties:** Scoop out about 2 tablespoons of mixture and shape into small, compact patties using your hands.
5. **Press firmly**-they hold better when tightly formed.
6. **Pan Fry to Golden Perfection:** Heat olive oil in a skillet over medium heat.
7. **Add patties** in batches and cook for 3-4 minutes per side until golden brown and crispy.
8. **Transfer** to a paper towel-lined plate to drain excess oil.
9. **Serve and Enjoy:** Serve hot as a snack, side dish, or even tucked into a sandwich wrap!

SWAPS & NOTES

& Swaps Broccoli : Fresh works best, but frozen can be used if thawed and dried well.

Cheddar Cheese : Use sharp cheddar for more flavor, or try mozzarella for milder taste.

Breadcrumbs : Panko gives a crispier finish, but any type will do.

Bake Instead : You can bake these at 400°F (200°C) for 20-25 minutes, flipping halfway. ???

TIPS FOR SUCCESS

Chop broccoli finely so patties hold together and cook evenly.

Don't overcrowd the pan -leave space to flip them without breaking.

Freeze raw or cooked : Patties can be frozen on a tray, then stored in bags.

Reheat in a toaster oven or skillet. ?

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

Original recipe: <https://chefmaniac.com/crispy-broccoli-cheese-patties-a-healthy-cheesy-snack/>