

Crispy on the Outside, Cheesy in the Middle-Why These Broccoli Bites Are a Snack-Time Win Every Time

Here's how I whip up a batch-and how you can make them your new go-to too.



OVEN
400°F

TIME
15 mins

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INGREDIENTS

2 cups fresh broccoli, finely chopped
1 cup shredded cheddar cheese
½ cup breadcrumbs
¼ cup grated Parmesan cheese
1 egg, lightly beaten
½ tsp garlic powder
½ tsp onion powder
Salt & pepper, to taste
1 cup panko breadcrumbs (for coating)
Olive oil spray

DIRECTIONS

- 1.** Preheat the Oven: I start by preheating the oven to 400°F (200°C). I line a baking sheet with parchment paper or give it a light coating of olive oil spray-this helps the bites crisp up underneath.
- 2.** Blanch the Broccoli: I bring a small pot of water to a boil, toss in the finely chopped broccoli, and blanch for 2 minutes. This softens it just enough without overcooking.
- 3.** After blanching, I drain and pat the broccoli dry with a paper towel. Removing excess moisture is key to getting the bites to hold together well.
- 4.** Mix It All Up: In a large bowl, I combine the broccoli, cheddar, breadcrumbs, Parmesan, egg, garlic powder, onion powder, and a pinch of salt and pepper.
- 5.** I stir everything together until it's fully mixed and sticks together when pressed. If it's too wet, I add a spoonful more of breadcrumbs. If it's too dry, a tiny splash of olive oil helps bind it.
- 6.** Shape Into Bites: I use a tablespoon or cookie scoop to portion out the mixture and roll it into bite-sized balls. I aim for about 1-inch diameter-not too big, so they bake evenly and stay crisp.
- 7.** Coat in Panko: Next, I roll each ball in panko breadcrumbs to coat. The panko gives that ultra-satisfying crunch when baked.
- 8.** Bake Until Golden: I place all the bites on the baking sheet, give them a quick spritz of olive oil spray, and bake for 18-20 minutes, until they're golden brown and slightly crisp on the outside.

9. Sometimes I flip them halfway through baking to get an even crisp, but it's optional if you're short on time.
10. Serve Warm: I serve them warm out of the oven, with a little dish of ranch, marinara, or even spicy sriracha mayo for dipping. They never last long in my house.

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

Original recipe: <https://chefmaniac.com/crispy-on-the-outside-cheesy-in-the-middle-why-these-broccoli-bites-are-a-snack-time-win-every-time/>