

# Broccoli-Cheese Nuggets



**Popeye Special**  
Dislike broccoli? Don't be discouraged—just substitute frozen chopped spinach and use mozzarella cheese instead of Cheddar.

### Go Veggie

For a meatless main dish, omit the ham and shape the cheese mixture into 3-inch patties. Coat patties with egg and crumbs, then deep-fry. Serve with warm marinara or lemon sauce.

### Broccoli Brunch

Fill omelettes with this tasty broccoli-cheese mixture, then sprinkle extra cheese on top before serving.

**BAKING TIME**  
20 minutes

**GOOD IDEA** Serve these cheesy morsels as part of an appetizer buffet with some peppers, olives, tomatoes and pepperoni.

## Variations

### Patty-Cakes

You can form this broccoli-cheese mixture into patty shapes, too. Serve them as a side dish, or as a light lunch with a green salad or on a sesame-seed bun.



### Gad-Zukes

These nuggets are also tasty with blanched, diced zucchini instead of the broccoli. Fresh or dried oregano adds interest to this mild-flavored vegetable.



## You Will Need



### FOR THE BROCCOLI-CHEESE NUGGETS

- 1 package (16 ounces) frozen broccoli florets, thawed
- 2 cups shredded extra-sharp Cheddar cheese
- 2/3 cup dehydrated potato flakes
- 1/4 cup grated Parmesan cheese
- 4 slices cooked ham, diced (about 1 cup)
- 2 large eggs
- 1 teaspoon Dijon-style mustard
- 1 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

**SERVES 6**

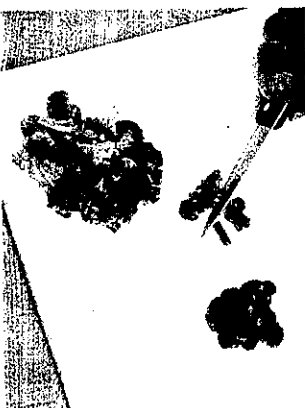
### Kitchen Tips

- Do not substitute powdered potato for potato flakes; it will affect the taste and texture of the nuggets.
- It is important to let the mixture stand before baking so the potato flakes can absorb moisture.

## Step by Step

### MAKING THE NUGGETS

1. Cook broccoli according to package directions. Drain cooked broccoli thoroughly in a colander, pressing with the back of a wooden spoon to remove excess water. Chop broccoli into 1/4-inch pieces. ▼



2. Preheat oven to 400°F. Generously grease a large baking sheet.

3. In a large bowl, combine broccoli, Cheddar, potato flakes, Parmesan, ham, eggs, mustard, salt and pepper; stir until mixture is thoroughly blended. Let stand for about 10 minutes.

4. Drop generous tablespoonfuls of mixture, about 1 inch apart, onto the prepared baking sheet. ▼



5. Bake nuggets until golden brown around the edges, about 20 minutes. Using a spatula, remove nuggets from baking sheet and transfer to platter; serve immediately.

### Attention to Detail

Turn this savory snack into a satisfying meal—just follow this recipe:

#### TASTY TUNA NUGGETS

- 1 can (9 ounces) tuna in water, drained
  - 1 package (10 ounces) frozen chopped spinach, thawed and drained
  - 3/4 cup bread crumbs
  - 1/2 cup shredded Monterey Jack cheese
  - 1/4 cup Parmesan cheese
  - 2 eggs
  - 1 teaspoon minced onion
  - 1 teaspoon salt
1. Preheat oven to 375°F. Spray a baking sheet with vegetable cooking spray.
  2. In a large bowl, combine tuna, spinach, bread crumbs, Monterey Jack, Parmesan, eggs, onion and salt; mix well.
  3. Drop generous tablespoonfuls of mixture, about 1 inch apart, onto the prepared baking sheet.
  4. Bake 15 minutes; turn nuggets over and bake 10 minutes longer. Serve immediately.

# Blooming Onion



## No More Tears

To prevent your eyes from getting teary, freeze onions for 20 minutes before slicing. Or, cut onions on top of the stove with the exhaust fan turned on!

## Hot Oil

The best oils for frying are those that can be heated to high temperatures without smoking. Vegetable oils work best with deep-fry recipes.

## Recycle It

Frying oil can be reused if you strain it through a coffee filter. Keep refrigerated.

**COOKING TIME**  
25-30 minutes

■ **GOOD IDEA** Make a "flower arrangement" with the onion in the middle of a plate and the vegetables surrounding it like petals.

## Variations

### Deep-fried Veggies

Skip the onion—the mixed vegetables in this recipe are just as tasty. Arrange the deep-fried vegetables on a platter and serve with dip.



### Burger Topper

For a speedy, flavorful relish, combine sautéed chopped onions with roasted red pepper, balsamic vinegar and Dijon-style mustard.



## You Will Need



### FOR THE BLOOMING ONION

- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 1/4 cups milk
- 4 large yellow onions (about 8 ounces each)
- vegetable oil for frying
- 1 large yellow squash, cut into 1/2-inch-thick slices
- 1 large zucchini, cut into 1/2-inch-thick slices
- 1 large red bell pepper, cut into 1/2-inch-wide strips

### FOR THE DIPPING SAUCE

- 1/2 cup sour cream
- 1/2 cup mayonnaise
- 2 tablespoons finely chopped fresh parsley
- 1/2 teaspoon black pepper
- 1/2 tablespoons prepared horseradish

SERVES 4

### Kitchen Tips

• The best way to check the temperature of hot oil is with a deep-fat thermometer. Make sure the bulb is immersed in the oil without touching the bottom of the pan.

• Bermuda, Spanish or red onions can be substituted for yellow onions.

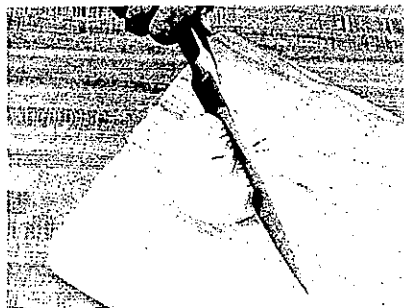
## Step by Step

### MAKING THE BLOOMING ONION

1. Line a baking sheet with paper towels. To make the batter, in a medium bowl, combine flour, baking powder and salt. Whisk in milk. Cover and set aside.

2. Carefully peel off outer skins of onions. Using a sharp knife, slice about 1/2 inch off the tops. Keeping onions attached at root end, trim excess roots.

3. Place 1 onion on a cutting board, root end down. Using a sharp knife, cut the onion into quarters to within 1/2 inch of the base. Then cut each quarter into 4 pieces, making sure onion remains attached at base. The onion should be cut into 16 segments. Repeat with remaining onions. ▼



4. In a large deep skillet, heat 3-4 inches of oil to 375°F over medium-high heat. Gently press the center of each onion and push open the layers so that the onion opens slightly.

5. Using a large slotted spoon, dip each onion into batter to cover completely; lift and allow excess batter to drip off. ▼



6. Gently lower onions into the heated oil. Cook until onions have opened up like flowers, 7-8 minutes.

7. Transfer cooked onions to the prepared baking sheet; keep warm in oven. Repeat with remaining onions.

8. Using a large slotted spoon, dip vegetable pieces into batter, allowing excess batter to drip off. Lower the vegetables into heated oil and cook 5-6 minutes. Transfer to the prepared baking sheet with onions.

### MAKING THE DIPPING SAUCE

1. In a medium bowl, combine sour cream, mayonnaise, parsley and pepper. Add horseradish, 1 tablespoon at a time, as desired. Transfer sauce to a serving bowl and serve immediately with onions and vegetables.