

# 8 broccoli patties

## Ingredients:

2 teaspoons vegetable oil  
2 cloves garlic – minced  
1/2 onion – chopped  
1 (12 ounce) bag frozen broccoli – defrosted  
3/4 cup panko breadcrumbs  
1/2 cup sharp cheddar cheese  
1/3 cup parmesan cheese  
2 eggs – beaten  
salt/pepper

## instructions:

preheat the oven to 400 degrees. Lightly grease a baking sheet lined with aluminum foil.

Heat the oil in a small pan over medium heat, add in the garlic and onions. Season with salt/pepper to taste. Sauté until onions and garlic are tender, set aside to cool.

Add the broccoli to a kitchen towel. Wrap the towel around the broccoli and squeeze out the extra moisture. Pour the drained broccoli into a large bowl.

To the same bowl, add the panko, the cheeses, eggs, and salt/pepper to taste.

Mix together and form into patties, place on the prepared baking sheet.

Bake in the preheated oven for 15 minutes. Flip and bake for another 15 minutes or until browned and crispy.