

# Broccoli Artichoke Nibblers

## Servings

12

## Calories

150

## Prep Time

15 minutes

## Total Time

30 minutes

## Skill Level

Medium

## Ingredients

- 1 (12 ounce) bag Mann's Broccoli Wokly®
- 2 (6.5 ounce) jars Marinated artichokes
- 1 medium onion, diced
- 2 garlic clove, minced
- 2 eggs
- 4 egg whites, scrambled with 2 eggs above
- ¼ cup bread crumbs
- ½ pound cheddar cheese, shredded
- Salt & pepper, to taste
- Tabasco, to taste (optional)
- 2 jalapenos, sliced thinly



## The Method

Preheat oven to 325°F.

Fill a large saucepan with 3 cups water and boil. Once water is boiling, add pinch of salt and blanch Mann's Broccoli Wokly, for about 1-2 minutes. Drain and then rinse with cold ice water. Once cooled, cut Broccoli florets into bite size pieces. Set aside.

Drain both jars of artichokes with reserving 2 tablespoons of oil from one jar in sauté pan.

Sauté onion and garlic until tender. Set aside.

Chop artichokes into quarters. Set aside.

In a large mixing bowl, add eggs, breadcrumbs, cheese, broccoli florets, artichokes, onions and garlic and mix. Season salt, pepper, and optional Tabasco, to taste.



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Pour mixture into glass pan. Bake in heated oven for 30 minutes or until cooked all the way through (check with tooth pick). Allow to cool.

To serve, cut into bite size pieces and top with sliced jalapenos..

### **Nutrition Facts**

Serving Size: 509g | Servings: 4

### **Amount Per Serving**

Calories 150 | Calories from Fat 80 | Total Fat 65g (sat fat 9g trans 0g) | Cholesterol 55mg | Sodium 300mg | Total Carbohydrate 8g | Dietary Fiber 2g | Sugars 1g | Protein 10g | Vitamin A 4% | Vitamin C 20% | Calcium 6% | Iron 15%