

# Baked Cheese & Broccoli Patties

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## Ingredients

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*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*

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## Method

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- 1. Preheat the oven to 400 degrees. Lightly grease a baking sheet lined with aluminum foil.*
- 2. 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.*
- 3. Put the broccoli on a clean kitchen towel. Wrap the towel around the broccoli and squeeze out the extra moisture. Pour the drained broccoli into a large bowl, add the onion and garlic and mix gently.*
- 4. To the same bowl, add the panko, the cheeses, eggs, and salt/pepper to taste.*
- 5. Mix together and form into patties, place on the prepared baking sheet.*
- 6. Bake in the preheated oven for 15 minutes. Flip and bake for another 15 minutes or until browned and crispy.*

*Yield: 8 broccoli patties*

