

Haggen
— KIDS —
Cooking
CLUB



YIELDS: 40 CROQUETTES

PREP TIME: 15 MIN

**COOK TIME: 25-30 MIN
PLUS COOLING TIME**

SKILL LEVEL:  

REQUIRES USE OF:



LOADED BROCC-AULI CROQUETTES

INGREDIENTS:

- 2 cups broccoli florets
- 2 cups cauliflower florets
- 1 egg
- 1/4 cup sour cream
- 1 packet ranch seasoning
- 1/2 teaspoon pepper
- 2 green onions, finely sliced
- 1/2 cup bacon crumbles
- 1/2 cup panko bread crumbs
- 1/2 cup sharp cheddar cheese, shredded
- 1/2 cup mozzarella cheese, shredded
- 1/4 cup Parmesan cheese

ITEMS TO GATHER:

- apron
- measuring cups
- measuring spoons
- oven-safe mitts
- parchment paper
- spoon
- large heat-resistant colander
- silicone spatula
- large mixing bowl
- large pot
- rimmed baking sheet
- fine mesh strainer
- food processor



GET COOKIN'!

INSTRUCTIONS:

Place all your ingredients, prep and cooking tools on the counter near your cooking area.

Fill a large pot with water and bring to a boil with a generous pinch of salt. Once boiling, reduce the heat to medium high and carefully add the broccoli and cauliflower florets. Boil for 8–10 minutes and remove from the heat.

Place a sturdy and heat-resistant colander into the sink and using oven-safe mitts very carefully drain the broccoli and cauliflower florets into the colander (or have an adult drain for you). Once cooled to touch, add the florets to the food processor. Pulse the broccoli and cauliflower florets until small rice-sized pieces are formed.

Add the processed veggie mixture to a fine mesh strainer. While holding the strainer over the sink, use your hands to gently press the veggie mixture into the sides of the strainer to release any excess water, then add to a large mixing bowl.

To the large mixing bowl with the veggie mixture, add the egg, sour cream, ranch seasoning, pepper, green onions, bacon crumbles, panko bread crumbs, cheddar, mozzarella and Parmesan cheese. Combine well using a silicone spatula. Make sure to scrape the sides of the bowl while mixing. Place the large bowl with all of the ingredients in the refrigerator for 30 minutes.

Preheat oven to 400°F.

Line a rimmed baking sheet with parchment paper and remove the large bowl from the refrigerator. Using a spoon, scoop up a golf ball size portion of mixture and roll between your palms while slightly pressing together to compact. Once you have a ball shape, use your thumbs and pointer fingers to mold each ball into an oval shape and repeat with the remaining mixture.

Place the shaped croquettes on the baking sheet lined with parchment paper and using oven-safe mitts, place in the preheated oven. Cook for 25–30 minutes or until the tops are golden brown. Serve with your favorite dip!

ENJOY!

FUN FACTS ABOUT BROCCOLI & CAULIFLOWER

Broccoli is full of vitamins—one cup of broccoli has more Vitamin C than an orange!

California is the **broccoli** capital of the United States, growing 90% of the national production.

Cauliflower means “cabbage flower” because it is a flower that is not fully developed.

Cauliflower is white because its leaves shelter it from the sun, preventing the formation of chlorophyll.

Broccoli and Cauliflower are both members of the cabbage family.