

# BROCCOLI CHEDDAR DISCS

## Modified Keto

351 kcal

1.5 net carbs



*Recipe developed by Chef Paige Vondran*

Measurements	Ingredients	Net Carbs
3 Tbsp.	Cheddar cheese, shredded	
3 Tbsp.	Egg, raw	
2 Tbsp.	Mayonnaise	
¼ cup	Broccoli, frozen chopped steamed	1.5
	Pinch of salt and onion powder	

## DIRECTIONS

- Preheat oven to 350° F.
- Using a food processor, grind the cheddar cheese.
- In a small bowl, mix together the cheddar cheese, mayonnaise, egg and broccoli.
- Season with salt and onion powder to taste. Stir well.
- Cover a baking sheet with parchment paper.
- Pour the mixture onto the parchment paper in small rounds.
- Bake for 15-20 minutes until firm.
- Serve warm.

## VARIATIONS

- Other vegetables such as zucchini, mushrooms, or spinach may be substituted for the broccoli.
- Other cheeses that are firm/medium may be used, such as parmesan or Colby jack.
- If you child's meal plan requires more mayonnaise, you can serve the extra mayonnaise as a "dip" on the side. To make a dip, you can simply season mayonnaise with salt, pepper, onion powder, garlic powder, etc., to taste.