

Crispy Broccoli=1/3 Carb Exchange

Nutrition Facts	¼ -1 C. of Broccoli
Calories	55
Total Fat	4 g.
Saturated Fat	-
Monounsaturated Fat	2 g.
Cholesterol	-
Sodium	166 mg. or 7% DV
Carbohydrates	5g.
Protein	4 g.
Fiber	2 g. or 7% DV

Ingredients: (8 servings)

2 Bunches Broccoli, separated into florets
 2 T. Olive Oil
 1 tsp. Garlic Powder
 tt. Sea Salt & Black Pepper

Directions:

1. Preheat oven to 450 degrees F.
2. Combine all ingredients.
3. Toss to coat the broccoli.
4. Season tt. with salt and pepper.
5. Bake for 20 minutes and eat!

Positive Attributes

75% DV for Vitamin C

It is a very good source of dietary fiber, pantothenic acid, vitamin B6, vitamin E, manganese, phosphorus, choline, vitamin B1, vitamin A (in the form of carotenoids), potassium and copper. Broccoli is also a good source of vitamin B1, magnesium, omega-3 fatty acids, protein, zinc, calcium, iron, niacin and selenium.

Oven "Fried" Zucchini=2/3 CHO Exchange

Comparison	1 C. serving TGI Fridays Fried Green Beans	Oven Fried Zucchini 1 C. serving
Calories	227	96
Total Fat	12.1g. or 19% DV	4.7 g. or 7% DV
Saturated Fat	2.1 g. or 9% DV	1.3 g. or 7% DV
Cholesterol	-	31 mg. or 10% DV
Sodium	522 mg. or 21%	96 mg. or 4% DV
Carbohydrates	28.1g.	10.9 g
Protein	4 g.	3.4 g.
Fiber	-	3.3 g. or 13% DV

Ingredients (12 servings)

2 ½ lb. Zucchini
 16 oz. Salt Pepper Potato Chips
 ½ C. Coconut Flour
 4 Eggs
 ½ C. Almond Milk
 ½ tsp. Paprika
 1 tsp. Black Pepper
 1 tsp. Ground Dried Garlic
 ½ tsp. Sea Salt

Directions

- 1.) Chop zucchini into 3 inch sticks.
- 2.) Lay the zucchini on a sheet pan, and spray with cooking spray, taking care to coat both sides. Cover with plastic and refrigerate for at least 2 hours.
- 3.) Preheat oven to 425 degrees F.
- 4.) Blenderize the potato chips until very fine and mix with coconut flour. Divide into 2 or 3 amounts.
- 5.) Whisk eggs, almond milk, paprika, black pepper, garlic, and salt together into a large bowl.
- 6.) In batches, dip the zucchini sticks into the egg wash, then the roll into the crumb coating.
- 7.) Place the "breaded" sticks onto a cooling rack, onto a sheet pan.
- 8.) Bake for 20 minutes or until golden brown.
- 9.) Enjoy!

Attributes

- Healthy fresh ingredients= Chemical & preservative free
- High in [dietary fiber](#), potassium, riboflavin, vit. B-6, & very high in [vitamin C](#)

What Did We Do?

We didn't fry them but we still were able to get that crunch!!!

Ways to Hide Veggies from Picky Eaters...

- * Slice 2 lbs. zucchini thin and toss in 1 ½ C. parmesan cheese. Bake in a 425 degree oven for 15-20 minutes--- Delish!
- * Next time you make mashed potatoes, use half cauliflower and incorporate it into your usual method.
- * Use a blender to blenderize lightly cooked veggies and freeze into ice cube trays. After they have frozen, pop them into a large freezer bag and add them to matching color dishes—Think sweet potatoes or butternut squash in taco meat, or spinach into pesto sauce.
- * Instead of chocolate cupcakes, shred carrots and make carrot cakes or muffins
- * Add healthy fats and fiber to any dish by adding in 2-4 T. ground flax or chia seeds