

SALADS AND SIDE DISHES

Vegetable Dippers

Cooking spray

1 medium potato, peeled & grated

1/2 onion, diced

2 medium carrots, grated

1 cup broccoli, grated

1 cup cauliflower, finely chopped

1 cup spinach, finely chopped

1 tsp bouillon powder (chicken or vegetable)

2 eggs, beaten

1/2 cup flour

Preheat oven to 375°. Coat a baking sheet with cooking spray and set aside. In a large bowl, combine potatoes, onions, carrots, broccoli, cauliflower and spinach. Mix in bouillon, egg and flour. Spoon mixture into hands and form individual patties. Add additional egg and flour if vegetables are not binding together to form patties. Place on baking sheet and bake for 15 minutes on each side (30 minutes total). Serve warm.

Delicious dipped in low-fat ranch dressing, ketchup or salsa.

Adapted from Let's Cook with Fruits & Vegetables, 2005