

NUTTY BROCCOLI APPETIZERS

1/3 cup finely chopped onions
6 cloves garlic, crushed
2 medium sized mushrooms, finely chopped
2 tbs extra-virgin olive oil
4 good sized heads of broccoli
1 1/3 cup bread crumbs, preferably whole-wheat
1/3 cup chopped walnuts (or pecans)
1/3 cup freshly grated Parmesan cheese
1/2 tsp rounded, each dried oregano and basil
3 eggs or 2/3 cup egg substitute, slightly whipped
Salt and freshly ground black pepper, to taste

Preheat oven to 400F

Saute onions, garlic and mushrooms in olive oil. Cook broccoli until cooked. Drain well, cool slightly and chop fine. Combine with remaining ingredients. Spread mixture in a shallow nonstick 9 x 9" pan, spray very lightly with olive oil and bake in oven 20 – 30 minutes, or until brown. Cool and cut into squares. Serve warm or at room temperature. You can also form mixture into balls 1 1/2 inch in diameter. Place on nonstick baking sheet. Spray balls with olive oil and bake.