



# Veggie Bites

## Ingredients:

2 cups fresh vegetables (broccoli flowerets or cauliflower, 1/4 inch carrot slices, 1/2 inch zucchini slices, 1/2 inch strips green or red pepper)

- 1/3 cup of margarine or butter, melted
- 1 egg
- 2 teaspoons of water
- 1/2 cup of flour
- 1/2 teaspoon of salt

## Directions:

1. Day 1: Rinse and slice all vegetables. Store in a labeled plastic bag.
2. Heat the oven to 450 degrees. Line pan with aluminum foil. Place butter in a liquid measuring cup and melt in nearest microwave. Brush bottom of rectangular pan, 13x9x2 inches, with about 1 tablespoon of the melted margarine.
3. Beat egg and water with a fork in a shallow dish. Mix flour and salt in another shallow dish.
4. Dip about 1/4 of the vegetables into the egg mixture at a time. Remove 1 vegetable piece at a time with a slotted spoon, fork or hands, roll in flour mixture to coat. Place on baking pan.
5. Repeat with remaining vegetables. Pour remaining margarine carefully over each vegetable piece and into pan.
6. Bake uncovered, turning once, until vegetables are crisp-tender and coating is golden brown, 10 to 12 minutes; drain. Sprinkle lightly with grated Parmesan cheese if you like.

Yield: Makes 2 cups of vegetable bites.

Resource List:

[Dole 5aday](#)

[Fruits and Veggies More Matters](#)

[Keep It or Toss It](#) –

Check Fruit/Vegetable Storage

[Wegmans](#)

[Tony Tantillo - Eat Fresh Stay Healthy](#)

[Fruits & Veggies Matter More](#)

– Video section



### Remember Your FCS Lab Rules

- No Gum
- Roll up long sleeves (or remove).
- Wash hands; fill sink with hot soapy water; get
- Work as a team.
- Complete all clean-up jobs before the end of the

### Remember Cutting Tips!

- Carry knives with sharp points pointing down. Do not try to catch a falling knife. Keep fingers away from sharp edges.
- Use sharp knives.
- Cut on a cutting board. Try to place flat side of food on board.
- Never put knives or sharp tools in soapy water.
- Wash knives with blades pointing away from you.

