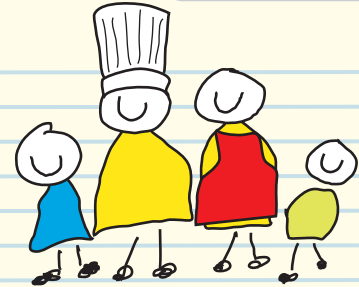


Heidi Safer's *Broccoli Balls* (KID FOOD)

- 1 CUP STEAMED BROCCOLI
- 1 CUP COOKED BROWN RICE
- ¼ CUP FINELY SHREDDED MILD CHEDDAR CHEESE
- 1/4 TSP SALT (OR LESS)
- BLACK PEPPER TO TASTE
- 1 CUP ITALIAN BREAD CRUMBS, PUT ON A PLATE



HEAT BROCCOLI AND RICE IN MICROWAVE THEN PLACE INTO FOOD PROCESSOR.

ADD CHEESE, SALT AND PEPPER TO FOOD PROCESSOR AND PROCESS UNTIL MIXTURE IS THOROUGHLY COMBINED.

USE A SCOOP (EQUIVALENT OF 1 TBSP) TO PORTION AND ROLL INTO BALLS.

ROLL THE BALLS IN THE PLATE OF ITALIAN BREAD CRUMBS.

PUT BREADED BALLS ON BAKING SHEET WITH NONSTICK FOIL OR A SILPAT. LIGHTLY SPRAY BALLS WITH CANOLA OIL SPRAY.

BAKE AT 350 DEGREES FOR 15 MINUTES. YIELDS: 18 BALLS

NOTE: YOU MAY WANT TO TRY THIS RECIPE WITH DIFFERENT CHEESE THAT YOU LIKE.