

# Broccoli Fries

*Kitchen scrap: Broccoli stems*

Yield: 2 servings    Prep time: 15 min.    Cook time: 15 min.

## Ingredients

- 1 broccoli stem
- 1/4 cup flour
- 1/4 cup milk
- 1/2 cup panko breadcrumbs
- 1/4 teaspoon salt
- Pinch of garlic powder, black pepper, and paprika

Adapted from [PlantYou](#) - Carleigh

## Directions

1. Preheat the oven to 400°F and line a baking sheet with parchment paper.
2. Peel the broccoli stems, making sure to completely remove the tough outer edge.
3. Once you are left with the softer white middle, cut the broccoli into french fry-like pieces and set them aside.
4. Get out 2 bowls and mix flour and milk together in one, and breadcrumbs and spices in the other.
5. Coat 1 piece of broccoli with the flour-milk mixture, and then the breadcrumbs. Place on the lined baking sheet, and repeat until all the broccoli is used up.
6. Bake until the broccoli stem fries have a crispy exterior and softer interior, approximately 15 to 20 minutes (cook at 400°F for 8 minutes in the airfryer).

### Notes:

Make sure to taste the seasoning level of the breadcrumb mixture.

**WASTELESS**  
*recipes*