Broccoli Fritters

3 cups broccoli florets

1 large egg

1/2 cup flour

1/3 cup grated cheese (Cheddar, Parmesan, etc.)

salt and pepper, to taste

1/8 teaspoon red chili flakes

Olive oil or garlic infused oil for frying

Steam broccoli until fork tender.

Chop broccoli into small pieces.

Combine egg, flour, cheese, salt, pepper and chili flakes.

Use a fork to fold broccoli into flour mixture.

Form into 8 patties. Heat oil in skillet.

Fry patties until browned. (3 minutes per side.)