

Spinach Balls

Ingredients:

6 cups fresh spinach leaves, trimmed
3 cups boiling water
3 eggs
1/2 cup parmesan or cheddar cheese, grated
1/4 cup fresh herbs of choice, chopped (parsley, basil, or cilantro)
1 cup bread crumbs
1/2 teaspoon garlic powder

Directions:

1. Preheat oven to 350° F.
2. Trim and wash the spinach leaves. Place the leaves in a large mixing bowl and add boiling water. Cover and set aside for 3 minutes.
3. Rinse the spinach with cold tap water and drain using your hands to squeeze out the remaining water. There should be about 2/3 cup of packed cooked spinach.
4. Place on a cutting board and finely chop the spinach and transfer to a mixing bowl.
5. Add eggs, cheese, herbs, and bread crumbs. Mix with a spoon, or your hands, until mixture forms a batter from which you can form balls.
6. Place balls on a nonstick cooking tray covered with parchment paper. Bake for 15-20 minutes or until golden on top.
7. Serve with dips like ketchup, pesto, hummus, or tzatziki.

Nutrition Facts

Serving Size 1 spinach ball (38g)
Servings Per Container 30

Amount Per Serving

Calories 25 Calories from Fat 10

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 25mg 8%

Sodium 55mg 2%

Total Carbohydrate 2g 1%

Dietary Fiber 0g 0%

Sugars 0g

Protein 2g

Vitamin A 4% • Vitamin C 2%

Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

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Source: www.sweetashoney.co

