

Baked Spinach Balls

2 cups herb-seasoned bread stuffing
1/4 cup grated Parmesan cheese
1/4 cup chopped green onions and tops
2 cloves garlic, minced
1/8 teaspoon ground nutmeg
1 package (10 ounces) frozen chopped spinach, thawed, well drained
1/4 - 1/3 cup vegetable stock
2 tablespoons butter, melted
Pepper to taste
2 egg whites, beaten

1. Combine stuffing, Parmesan cheese, onion, garlic, and nutmeg in medium bowl. Mix in spinach, stock, and margarine. Season to taste with pepper. Mix in egg whites.
2. Shape mixture into 24 balls. Bake at 350 degrees until spinach balls are browned, about 15 minutes.

12 servings (2 balls each). *Per Serving: 73 calories, 2.9 grams fat, 9 grams carbohydrate, 152 mg sodium, 7 mg cholesterol, .5 gram fiber.*

Adapted from our “Cookbook of the Quarter,” *1,001 Lowfat Recipes*, available at Asheville's Barnes & Noble, discounted 20% through December.

After one bite my daughter, Julia, exclaimed “Oh, mommy you’ve got to make these again!” My whole family loved this recipe. We made them twice in one weekend and my daughter was the chef the second time around. I chose to use real butter instead of margarine as the original recipe called for. Feel free to half the butter which Julia did when she made them. Because the seasoned bread stuffing gives it plenty of flavor (and sodium), I eliminated the salt to taste from this recipe. In fact, you may want to check the label on the stuffing mix and purchase the one with the least sodium. This makes a great appetizer for a holiday party or a wonderful addition to any meal. Do note the serving size. Have a healthy & happy holiday!

Your partners in health,
Candace and Lesley