

Serves 7 • Serving size: 2 meatballs

28  
minutes

PREP: 10 minutes

COOK: 15-18 minutes

## Parmesan Spinach BALLS

2 cups spinach  
4 eggs  
½ cup reduced-fat (2%) milk  
3 cups stuffing mix  
2 cups shredded Parmesan cheese

1. Preheat oven to 425° F/218° C.
2. Place spinach in base of Power Chef® System fitted with blade attachment. Cover and pull cord until finely chopped. Set aside.
3. In a medium bowl whisk together eggs and milk. Stir in stuffing mix, Parmesan cheese, and chopped spinach. Allow to sit 1-2 minutes for stuffing mix to absorb milk.
4. Form in ¼-cup sized balls and place onto baking sheet lined with Silicone Wonder® Mat.
5. Bake 15-18 minutes or until golden brown. Serve warm.

Once baked these can be frozen and reheated in a 350° F/175° C oven for 15-20 minutes.

Nutritional Information (per serving):

Calories: 120 Total Fat: 7g Saturated Fat: 3g Cholesterol: 60mg  
Carbohydrate: 7g Sugar: 1g Fiber: 1g Protein: 8g Sodium: 410mg  
Vitamin A: 15% Vitamin C: 4% Calcium: 20% Iron: 6%

TO DEMO



Power Chef® System

OPTIONAL



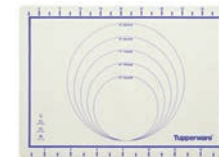
Measuring  
Cups



Measuring  
Spoons



Silicone  
Spatula



Silicone  
Wonder® Mat

