

Spinach Bites



Discover our mouthwatering recipe for Spinach Bites, a delightful and healthy treat made with fresh spinach and carefully selected ingredients. Try these little wonders now for an explosion of flavors that will leave you craving for more!

Preparation 15 min

Cooking 20 min

Servings 2

Nutrition Facts (per serving)

Calories 400

Fat 16

Carbohydrates 39

Fibre 3

Protein 26

Sodium 660

Ingredients

- 500 ml (2 cups) spinach, roughly chopped
- 5 ml (1 tsp) canola oil
- 250 ml (1 cup) bread crumbs (plain, Panko or homemade)
- 175 ml (¾ cups) low fat mozzarella, 18% m.f.
- 125 ml (½ cups) parslev, chopped

- 2 garlic cloves, minced
- Salt and pepper, to taste (optional)

Preparation

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper or a reusable silicone mat.
2. In a frying pan, cook the spinach with the oil for about 5 minutes, or until they have softened.
3. In a separate bowl, mix all the ingredients with the cooked spinach.
4. With your hands, make small balls and space them on the baking sheet.
5. Cook in the oven for about 20 minutes, or until they're slightly golden. To savour hot or cold, as an entree, or a side dish.

Notes

Keeps 3 days in the refrigerator and freezes up to 3 months.



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