



Spinach Ball Appetizer

Makes about 65

2 – 10 oz. packages of frozen chopped spinach, thawed and squeezed dry
2 cups herbed stuffing mix, crushed (or bread crumbs)
1 cup grated parmesan cheese
½ cup Smart Balance or other trans fat free margarine
4 small green onions, finely chopped
¾ cup egg substitute
Dash of nutmeg

- Preheat oven to 350°.
- Combine all ingredients in a large bowl and mix well.
- Shape into 1" balls, cover and refrigerate or freeze until ready to bake.
- Baking: Put on ungreased baking sheet and bake until golden brown (10-15 minutes).
- Serve warm or at room temperature.

Nutrition Information (per spinach ball)

Calories: 26
Total fat: 1.7g
Saturated fat: .5g
Carbohydrates: 1.7g
Fiber: .3g
Protein: 1g