

These Spinach Balls are the perfect appetizer! They are delicious, easy to make, and more healthy than your average appetizer.

INGREDIENTS:

- 3 eggs, beaten
- 10 ounces package frozen chopped spinach, thawed and drained well
- 6 tablespoons butter, melted
- 1 teaspoon garlic powder
- 1/2 tablespoon black pepper
- 1/4 teaspoon ground thyme
- 1/2 teaspoon salt
- 1 1/2 cups Italian seasoned breadcrumbs, see note
- 1 cup grated parmesan cheese
- 1/2 yellow onion, diced very small



INSTRUCTIONS:

1. Preheat your oven to 350 degrees. Grease a baking sheet and set aside.
2. Combine all of the ingredients in a large bowl.
3. Using a medium cookie scoop, make 1 inch balls. Place them on the baking sheet. And bake for 30 minutes or until they are golden brown.

NOTES

THE ORIGINAL RECIPE CALLED FOR STUFFING MIX CRUMBS (NOT CUBES). SINCE THOSE WERE DIFFICULT TO FIND, SUBSTITUTED BREAD CRUMBS. FEEL FREE TO SUBSTITUTE BACK IN THE STUFFING MIX IF YOU ARE ABLE TO FIND IT.

Nutrition Information

Serving: 1ball Calories: 90kcal (5%) Carbohydrates: 8g (3%) Protein: 4g (8%) Fat: 5g (8%) Saturated Fat: 3g (19%) Monounsaturated Fat: 1g Cholesterol: 34mg (11%) Sodium: 232mg (10%) Potassium: 98mg (3%) Fiber: 1g (4%) Sugar: 1g (1%)

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.