

Spinach Balls

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Unitarian Universalist Fellowship of Vero Beach, FL 2000

*1 package (10 ounce)
frozen spinach
1 cup seasoned stuffing mix
(fine)
1/2 cup Parmesan cheese
3 eggs, beaten
6 tablespoons butter,
softened
salt (to taste)
pepper (to taste)*

Defrost the spinach and drain well.

In a bowl, combine the stuffing mix, Parmesan cheese, eggs, butter, salt and pepper. Mix and roll like meatballs into walnut-size pieces.

Place the balls on a cookie sheet.

Place the cookie sheet in the freezer until the balls are well frozen.

Store the balls in a plastic bag in the freezer.

When ready to serve, bake at 325 degrees for about 25 minutes.

Per Serving (excluding unknown items): 1052 Calories; 96g Fat (81.4% calories from fat); 41g Protein; 9g Carbohydrate; 5g Dietary Fiber; 854mg Cholesterol; 1773mg Sodium. Exchanges: 4 1/2 Lean Meat; 1 1/2 Vegetable; 16 Fat.