

Cooking for Wellness

Sponsored by:



Spinach Dip Balls

3 cups cooked and cooled spinach, finely chopped

3 cups of bread crumbs

1 cup grated parmesan

4 eggs lightly beaten

1/2 cup butter, softened

Italian parsley

salt and pepper



Directions

- 1. Mix all ingredients in a large bowl until well blended.
- 2. To prepare and serve immediately, roll level tablespoons full of the mixture into balls about the size of walnuts, and place on a lightly oiled cooking sheet.
- 3. Bake at 350 degrees for 10 minutes or until lightly browned and firm enough to pick up.