



Parmesan-Spinach Cakes

Basic Lifestyle

INGREDIENTS

12 oz. fresh spinach (Frozen spinach OK; squeeze out some of the moisture)
1/2 cup part-skim ricotta cheese, or low-fat cottage cheese
1/2 cup finely shredded Parmesan cheese, plus more for garnish
2 large eggs, beaten
1 clove garlic, minced
1/4 TSP salt
1/4 TSP freshly ground pepper

INSTRUCTIONS (Note: Use a muffin pan with 12 (1/2-cup) muffin cups.)

—Preheat oven to 400°.

—Pulse spinach in three batches in a food processor until finely chopped. Transfer to a medium bowl. Add ricotta (or cottage cheese), Parmesan, eggs, garlic, salt and pepper; stir to combine.

—Coat 8 cups of the muffin pan with cooking spray. Divide the spinach mixture among the 8 cups (they will be very full).

—Bake the spinach cakes until set, about 20 minutes. Let stand in the pan for 5 minutes. Loosen the edges with a knife and turn out onto a clean cutting board or large plate. Serve warm, sprinkled with more Parmesan, if desired.

Note: Use a muffin pan with 12 (1/2-cup) muffin cups.

SERVING INFO: (Serves 6)

2 spinach cakes = 2 V, 1 M

See photo of recipe at [Instagram](#) and [Facebook](#).