

ST. PAT'S SPINACH AND SAUSAGE BALLS

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 10 (Serving = 2 balls)

Nutrition (per serving)

Calories: 126

Total Fat: 5 g

Saturated Fat: 2 g

Sodium: 386 mg

Total Carbohydrate: 2 g

Dietary Fiber: 2 g

Protein: 13 g



Ingredients

- 1 - 10 ounce package frozen spinach, thawed and water squeezed out
- 1 pound ground turkey sausage (make sure gluten free for GF version)
- 6 slices whole wheat bread, torn into small pieces (choose gluten free for GF version)
- ½ cup egg substitute
- ½ cup Parmesan cheese
- 2 Tablespoons tub margarine, melted
- 1 teaspoon ground black pepper
- 1 teaspoon thyme
- 1 teaspoon rosemary
- Cooking spray



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Directions

1. Preheat oven to 375 degrees Fahrenheit.
2. Combine all ingredients in a bowl.
3. Roll mixture into balls, about 1 ½ inches in diameter. Place onto a baking sheet coated with cooking spray.
4. Bake for 20-25 minutes or until golden brown.