Spinach and Meat Cakes

Ingredients:

1 pound 95% lean ground beef or turkey

2 fresh spinach bunches, washed and cut into pieces (may substitute a

1-pound bag of frozen chopped spinach, thawed and well drained)

½ finely chopped onion

2 minced garlic cloves

½ teaspoon salt

Black pepper to taste

3 cups cooked brown rice

Nutrition Facts		
Serving Size 2 meat cakes (10.4 oounces)		
Servings Per Recipe 6		
Amount Per Serving		
Calories 240	Calories from Fat	45
		% Daily Value *
Total Fat 5g		8%
Saturated Fat 2g		10%
Trans Fat 0g		
Cholesterol 45mg		16%
Sodium 330mg		14%
Total Carbohydrate 28g		9%
Dietary Fiber 4g		18%
Sugars 1g		
Protein 22g		
Vitamin A 210%	Vitamin C	50%
Calcium 15%	Iron	30%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories:	2000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

18.8% calories from fat

Nutrition facts based on standard recipe using 95% lean ground beef and fresh spinach.

Directions:

1. Preheat frying pan (no oil).
2. Combine meat, spinach, onion, garlic, salt and pepper in a large mixing bowl. Mix well.
3. Form mixture into 12 small balls. Place in frying pan and flatten into patties using a spatula.
4. Cook over medium heat until cooked on both sides.
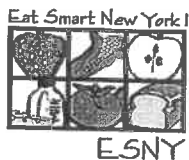5. Serve over cooked brown rice

freeze extra "meat cakes" for quick + easy future meals

Yields about 6 servings

Source: Adapted from <u>Loving Your Family, Feeding Their Future</u> - The Healthy Family Guide Book

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