



# Cornell University Cooperative Extension

## 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

### 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

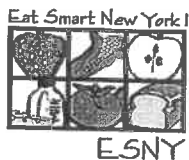
freeze extra "meat cakes" for quick + easy future meals  
Yields about 6 servings

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

Nutrition Facts			
Serving Size 2 meat cakes (10.4 ounces)			
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.			
Total Fat	Less than	Calories: 2000	2,500
Saturated Fat	Less than	65g	80g
Cholesterol	Less than	20g	25g
Sodium	Less than	300mg	300mg
Total Carbohydrate	Less than	2,400mg	2,400mg
Dietary Fiber		30g	375g
		25g	30g

18.8% calories from fat

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



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

This material was funded by USDA's Food Stamp Program and Expanded Food and Nutrition Education Program.

Cornell Cooperative Extension provides equal program and employment opportunities.

