

Crispy Potato Spinach Balls

Ingredients:

Serves 8

4 medium sized steamed potatoes
2 cups fresh baby spinach, chopped
4 garlic cloves, minced
1 ½ cups cooked navy beans
1 ½ cups bread crumbs
½ tsp black pepper
6 Tbs nutritional yeast
1 ½ tsp ground cumin
1 ½ tsp onion powder
1 Tbs dried basil
½ tsp dried thyme



Directions:

1. Preheat oven to 450 F.
2. In a non-stick pan over medium heat, add garlic and sauté for 2 minutes using splashes of water to prevent sticking.
3. Add spinach and sauté for 1 additional minute. Remove from heat.
4. In a large bowl, add navy beans and mash until smooth.
5. Add potatoes and mash again until smooth.
6. Add all spices, spinach and garlic and mash until combined.
7. With the mash, create 1 inch balls.
8. Place breadcrumbs in a separate bowl.
9. Roll each ball through the breadcrumbs to coat them. Place each ball on a lined baking sheet.
10. Bake for 20-25 minutes. Turn on broiler and bake for an additional 5 minutes, or until tops are golden brown. Enjoy!

Nutrition Facts

9 servings per container

Serving size **2 balls**

Amount per serving

Calories 200

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 135mg **6%**

Total Carbohydrate 39g **14%**

Dietary Fiber 7g **25%**

Total Sugars 3g

Includes 2g Added Sugars **4%**

Protein 10g

Vitamin D 0mcg **0%**

Calcium 90mg **6%**

Iron 2.8mg **15%**

Potassium 540mg **10%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.