

Spinach and Meat Cakes

Enjoy these spinach and meat cakes over brown rice, and with a side of roasted sweet potatoes.

Makes: 6 servings
 Prep Time: 5-10 minutes
 Cook Time: 12 minutes

Source: www.choosemyplate.gov

Ingredients

- 1 pound ground turkey or beef, 7% fat (93% lean)
- 16 ounces frozen spinach, chopped (may substitute 2 bunches of fresh spinach)
- 1/2 onion (small, finely chopped)
- 2 garlic cloves (minced)
- 1/2 teaspoon salt
- Black pepper (to taste)
- 3 cups brown rice, cooked

Directions

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

Utensils Needed

- Sharp knife
- Cutting board
- Measuring cups
- Measuring spoons
- Large mixing bowl
- Mixing spoon
- Frying pan
- Spatula



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 2 meat cakes

Nutrients	Amount
Calories:	459
Total Fat:	6 g
Saturated Fat:	2 g
Cholesterol:	44 mg
Sodium:	307 mg
Total Carbohydrates:	75 g
Dietary Fiber:	7 g
Total Sugars:	2 g
Added Sugars:	0 g
Protein	25 g

SHOPPING LIST

Average total cost without oil and seasonings: \$10.13

Average cost/serving: \$1.69

Recipe makes: 6 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Ground Turkey (1 lb)



Add 1 to Cart
Garlic



Add 1 to Cart
Frozen Spinach (16 oz)



Add 1 to Cart
Brown Rice (16 oz)



Add 1 to Cart
Onion

SAVE TIME, SAVE MONEY

My Cooking Notes

Preparation Tips

- Ground turkey should be cooked to an internal temperature of 165°F.

Storage Tips

- If using fresh spinach, store it in an open plastic bag in the crisper drawer of the refrigerator. Use within 3-5 days.
- Brown rice can be prepared in advance for use in this recipe. Store in a container with a lid in the refrigerator for up to 3 days.
- Leftover meat cakes can be stored, covered tightly, in a container in the refrigerator. Use within 3 days.