

# Spinach & Meat Cakes

Submitted by  
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*Unique, wholesome taste*



## Time Saver

You may substitute a 1 pound bag of frozen chopped spinach (thawed and well drained), or two 1 lb bags of prewashed spinach



## Health Tip

These meat cakes are very low fat and rich in folic acid and vitamin C. Serve with brown rice and picante sauce for a healthy meal.

## Nutrients per serving:

Calories: 244  
Protein: 20 g  
Fat: 6.5 g  
Saturated fat: 2 g  
Cholesterol: 43 mg  
Sodium: 306 mg  
Fiber: 4 g  
Carbohydrate: 19 g



## Spinach and Meat Cakes

Preparation time: 25 minutes

- 1 pound 7% ground beef or ground turkey
- 2 bunches of spinach, washed and cut into pieces
- 1/2 onion, finely chopped
- 2 garlic cloves, pressed
- 1/2 teaspoon salt
- pepper to taste
- 3 cups cooked brown rice

Preheat frying pan (no oil). Combine all ingredients in a large mixing bowl, mix well.

Form mixture into small balls. Place in frying pan and flatten like tortillas using a spatula. Cook over medium heat until cooked on both sides. Serve over brown rice.



**Serves 6**

Serving size: 3 meat cakes

Estimated cost per serving: \$1.10