Spinach Nuggets

**Ingredients:**

- 16 oz frozen spinach, cooked, drained and chopped
- 1 cup seasoned bread crumbs
- 1 ½ cups reduced fat (2%) cheddar cheese, shredded
- 3 eggs

**Directions:**

1. Heat oven to 375°F.
2. Lightly coat baking sheet with oil or use non-stick cooking spray.
3. Combine all ingredients well.
4. Shape into nuggets and bake for 20-25 minutes.
5. Let cool.

**Tip:** Cut nuggets into pieces no larger than ½ inch before serving to prevent choking in young children.