

# 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.

Turn once after 15 minutes.

- 5 Let cool.

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

