

Crispy Spinach Plate

These crunchy and delicious spinach cakes are a great way to get your daily greens. The nutty flavor in the batter is balanced perfectly with the delicate texture of the spinach.



Main Dish

20 min

Total time

Easy

Difficulty

196

kcal / serving

Ingredients

- 1 cup of fresh spinach
- 1/3 cup all-purpose flour
- 2 tablespoons butter, melted
- 2 tablespoons grated Parmesan cheese
- Salt & Pepper to taste
- 1 egg

Steps

- 1 - Preheat oven to 375F.
- 2 - Rinse spinach and dry thoroughly. Chop into small pieces.
- 3 - In a bowl mix together flour, butter, Parmesan, salt & pepper, and egg.
- 4 - Add in spinach and mix until thoroughly combined.
- 5 - Grease a baking sheet with butter or non-stick cooking spray.
- 6 - Roll mixture into small 1 inch balls. Place on baking sheet and press them down slightly to form thick pancakes.
- 7 - Bake for 15 minutes, or until golden brown.
- 8 - Serve warm with your favorite dipping sauce.