



Homemade Spinach & Kale Bites

About 50 percent of my sister's diet is comprised of Trader Joe's Spinach & Kale Bites— (<http://www.traderjoes.com/fearless-flyer/article/1419>) if TJ's ever runs out of stock, she might starve. In an effort to avoid such a tragedy, I set out on a quest for independence from TJ's frozen aisle. I also wanted to make our favorite little flavor bombs healthier. I like to make my own food because I want to know exactly what is going in my body—and from now on, that will mostly be these bites.

This recipe is easily frozen if you want to make a big batch ahead of time. Just store your bites in a sealed container in your freezer and they should last for a month or so.



Makes 18 Bites

Ingredients

3 cups chopped spinach and kale (well-packed)

3/4 cup grated parmesan cheese*

1 egg

1/4 cup chopped green onion

1 tablespoon olive oil

1/2 teaspoon salt

1/2 teaspoon black pepper

1 teaspoon ALOHA Daily Good Greens (<https://aloha.com/shop/product/daily-good-greens-original>)

1/2 cup gluten-free panko breadcrumbs

*For a dairy-free version: substitute the Parmesan cheese with two additional eggs and one tablespoon nutritional yeast.

Preparation

Line a cookie sheet with parchment paper and set aside. Preheat your oven to 375°F.

Bring a small saucepan to medium heat. Add the oil and green onions—sauté for three to five minutes or until lightly golden. Turn the heat off and add the spinach and kale—the leafy greens will wilt with just the leftover heat. Stir and coat the green with the oil for a couple minutes.

Place the breadcrumbs in a small bowl. Mix in the salt, pepper, Daily Good Greens, and grated cheese (or the nutritional yeast if you want a dairy-free version). Blend in the egg until the yolk is mixed seamlessly.

Drain any extra liquid from the greens and then add them to the breadcrumb mixture. Mix well.

Take tablespoon-sized portions of the mixture and form little balls. Place each on the parchment-lined cookie sheet. Place on a center rack in your oven and bake for 20 to 25 minutes—they should brown just a little on the edges.

Note: If you are baking these after freezing them, they will take an extra 10 minutes in the oven.

Photo credit: Erin McCulloch



Erin McCulloch

Content Director

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