Mean Green Cheese Wheels

These flavorful snacks are a great way to add green vegetables to your day.

Serves 6



Servings Per Recipe 6 Amount Per Serving Calories 110 Calories from Fat 50 % Daily Value* Total Fat 6g Saturated Fat 2g 10% Trans Fat 0g Cholesterol 35mg 12% Sodium 320mg 13% Total Carbohydrate 9g 3% Dietary Fiber 2g Sugars 2g Protein 8g Vitamin A 150% • Vitamin C 35% Calcium 15% Iron 6% *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower

2.500

80g

25a

300mg

375g

2.400ma

Nutrition Facts

Serving Size 2 Wheels

Please note: nutritional values are approximate.

depending on your calorie needs: Calories: 2,0

Saturated Fat Less than

Less than

Less than

Less than

Fat 9 · Carbohydrate 4 · Protein 4

65a

20a

300ma

300g

2,400mg

Total Fat

Sodium

Cholesterol

Total Carbohydrate

Dietary Fiber
Calories per gram:

Ingredients

- 5 cups greens, like kale, spinach, chard or collard greens, roughly chopped or torn
- ½ cup shredded parmesan cheese
- ½ cup whole wheat bread crumbs
- 1 large garlic clove, roughly chopped
- 1 tablespoon olive oil
- 1 egg
- ½ cup low-fat cottage cheese
- 1/4 teaspoon salt
- ¼ teaspoon black pepper
- Cooking spray

Directions

- 1. Place all ingredients in a food processor and pulse until all ingredients are finely minced and sticking together well.
- 2. Heat a griddle to medium, then lightly coat with cooking spray.
- 3. Place heaping tablespoons of mixture on your griddle about 2 inches apart. Use the back of a spatula to flatten the piles into cirlces. Cook for about 3 minutes.
- 4. Carefully flip each wheel and cook for 2-3 minutes more.
- 5. Serve hot and enjoy!

