

Low-Point Spinach Mozzarella Patties

Ingredients:

- 1, 10 oz. box frozen spinach, thawed and drained
- 1 egg white
- 1 whole egg
- 1 green onion, diced
- 1/2 cup part-skim mozzarella shredded cheese
- 1/2 cup Panko (Japanese bread crumbs)
- 1/4 tsp. creole seasoning or red pepper flakes (optional)
- 1/2 tsp. coarse salt
- 1/2 tsp. garlic powder

Combine all ingredients until well blended. Form into four spinach patties. Place spinach patties in a large skillet sprayed with Pam cooking spray, over medium-high heat. Cook for four to five minutes on each side (the patties should have a nice golden-brown crust on each side). Remove and serve immediately. Sprinkle with mozzarella and tomato pieces or enjoy on a low-point hamburger bun!

Total servings - 4

Serving size - 1

Points per serving - 2.5

Points plus per serving - 3

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Shoot for the moon. Even if you miss, you'll land among the stars!"
- Les Brown