

# Quaker® Oats Spinach Cheese Balls

## Ingredients

- 2 cups Quaker® Oats-Quick 1-Minute Oats
- 1/2 tsp salt
- 2 cups baby spinach, roughly chopped
- 1/2 tsp garlic powder
- 1/4 tsp black pepper
- 1/4 tsp hot pepper flakes
- 3 eggs, divided
- 1/2 cup grated Parmesan cheese, divided
- 1 cup bread crumbs, divided
- 1 cup shredded cheddar cheese
- 1/4 cup all-purpose flour
- Olive oil cooking spray



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
15 min	25 min	40 min	4-6

## Made with

## How to make it

1. Bring 2 cups water and salt to a boil in medium saucepan. Stir in Quaker® Oats Quick 1-Minute Oats. Reduce heat to medium. Stir in spinach. Cook for 1 minute or until oats are tender and have absorbed most of the liquid, and spinach is tender.
2. Stir in garlic powder, black pepper and hot pepper flakes. Transfer to bowl and let cool completely.
3. Add 1 egg, 1/3 cup Parmesan and 1/2 cup bread crumbs to oats mixture; stir until well combined. Stir in cheddar. Refrigerate for at least 2 to 3 hours or until well chilled and firm.
4. Preheat oven to 400°F.
5. Scoop oats mixture into 2-tbsp balls.
6. Transfer remaining bread crumbs to shallow baking dish. Stir in remaining Parmesan.
7. Transfer flour to shallow bowl.
8. In small bowl, beat remaining eggs.



Quaker® Oats-Quick 1-Minute Oats

9. Dredge balls in flour, dip in eggs and roll in bread crumb mixture. Arrange on parchment paper-lined baking sheet. Spray with cooking spray.
10. Bake for 20 to 25 minutes or until golden brown and heated through.