

### spinach “burgers”

These are high in protein, low in carbs and absolutely delicious.

For these you will need:

- 1 bag of thawed and well drained chopped spinach
- 2 egg whites
- 1 whole egg
- 1/4 c diced onion
- 1/2 c shredded cheese
- 1/2 c bread crumbs
- 1 tsp red pepper flakes
- 1 tsp salt
- 1/2 tsp garlic powder



Mix well in a bowl. Now, form into burger-sized patties. (or you can do spinach balls)

Heat a non stick skillet over med-high. Spray with a bit of cooking spray.

Cook for 4-6 minutes each side.

Serve with ranch dipping sauce or a dash of hot sauce.