Mean Green Cheese Wheels

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

Serves 6

Nutrition Facts

Serving Size 2 Wheels
Servings Per Recipe 6

Amount Per Serving

Calories 110	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 320mg	**13%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 2g	**8%**
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 depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

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
- ¼ 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!

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