Mean Green Cheese Wheels

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

Serves 6

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 circles. Cook for about 3 minutes.
4. Carefully flip each wheel and cook for 2-3 minutes more.
5. Serve hot and enjoy!

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size 2 Wheels</th>
<th>Servings Per Recipe 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td></td>
</tr>
<tr>
<td>Calories 110</td>
<td>Calories from Fat 50</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat 6g</td>
<td>9%</td>
</tr>
<tr>
<td>Saturated Fat 2g</td>
<td>10%</td>
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<tr>
<td>Trans Fat 0g</td>
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</tr>
<tr>
<td>Cholesterol 35mg</td>
<td>12%</td>
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<tr>
<td>Sodium 320mg</td>
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<tr>
<td>Total Carbohydrate 9g</td>
<td>3%</td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
<td>8%</td>
</tr>
<tr>
<td>Sugars 2g</td>
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</tr>
<tr>
<td>Protein 8g</td>
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</table>

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.

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