Spinach Cheese Cakes

It’s a crust-free, veggie-rich mini quiche. I had a half box of wilting baby spinach, a half bag of baby greens (spinach, Swiss chard, and kale), and a half-pint of part-skim ricotta cheese I wanted to use up. The American Institute for Cancer Research sent out a “Healthy-e-Recipe” last January for Elegant Cheesy Spinach Cakes which I adapted to use my ingredients on hand. I added the walnuts to increase the elegant factor and give the cakes a little crunch. When I have the time, I might develop a vegan version using chia seed for the binder and a grain to replace the cheese.

Let us know if you try out this recipe and let us know what you think!

Recipe submitted by: Jodi Charvoz, MEd, RDN
Recipe from: Adapted from the American Institute for Cancer Research’s Healthy-e-Recipe.

Spinach Cheese Cakes
Serves: 12 Cakes
Cook time: 20 minutes
Ready in 30-45 minutes

Ingredients
- 12 oz. mix of fresh baby spinach and other baby greens (kale, collards, Swiss chard, beet or turnip)
- ½ cup part-skim ricotta cheese (low-fat cottage cheese may be substituted)
- ¼ cup grated Parmesan cheese
- 2 large eggs, plus 2 egg whites, beaten
- 2 cloves garlic, minced
- ¼ tsp. ground nutmeg
- Crushed red pepper flakes to taste
- Freshly ground black pepper to taste
- ¼ cup finely chopped walnuts
- Canola oil cooking spray

Directions
1. Preheat oven to 400 degrees.
2. Use food processor and pulse spinach and greens until they are finely chopped.
3. Be sure you don’t over-process!
4. Place greens in a bowl.
5. Add cheeses, eggs, garlic, nutmeg, pepper flakes, and black pepper.
6. Stir until completely mixed.
7. Coat 12 “cups” of a muffin pan (1/2 cup size) with canola spray.
8. Spoon in spinach mixture.
9. Sprinkle with chopped walnuts.
10. Bake for about 20 minutes.
11. Let sit for 5+ minutes to allow the cakes to firm up.
12. Gently remove by loosening the sides with a knife.
13. Serve warm as an appetizer or snack.
14. Spinach cakes can be refrigerated, frozen, and/or rewarmed.