

SPINACH ROLLS

Ingredients

16 oz. frozen spinach leaves

3 eggs

2½ oz. onion

2 oz. carrot

1 oz. low-fat mozzarella cheese

4 oz. fat-free cottage cheese

¾ cup parsley

1 clove garlic

1 tsp. curry powder

¼ tsp. chili flakes

1 tsp. salt

1 tsp. pepper

Cooking spray

Directions

- Preheat oven to 400° F (200° C).
- Thaw the spinach and squeeze out the water (you can use a strainer). To speed up the thawing process, you can microwave the spinach for a few minutes.
- Mix spinach, 2 eggs, mozzarella, garlic, half the salt, and pepper in a mixing bowl.
- Place parchment paper on a baking sheet and spray with cooking spray. Move the spinach mixture to the sheet and press it flat, about 10x12 inches in size and roughly ½ an inch thick.
- Bake for 15 minutes. When done, set aside to cool on a rack. It will get the texture/look of a really thick seaweed mat. Don't turn off the oven! You'll need it again in a bit.
- Finely chop onion and parsley. Grate the carrots.

- Fry the onions for about a minute in a skillet with a little cooking spray. Add carrots and parsley to the pan and let it simmer for about 2 min. Add cottage cheese, curry, chili, the other half of the salt, and pepper and mix briefly.
- Take the skillet off the heat and add an egg. Mix it all together and spread the filling over the now cool spinach mat. Don't spread it all the way to the corners, or it will spill out when you roll it up.
- Carefully roll up the spinach mat and filling. Bake for 25 minutes.
- Take out the roll and let it cool for 5-10 min before cutting it into slices and serving.

Source: diabetesstrong.com

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