

Greek Spinach Rice Balls (GF)

2 lbs fresh spinach, washed and large stems removed
1 cup chopped scallions (about 6 scallions)
2 teaspoons olive oil
2 cups cooked brown rice
2 tablespoons finely chopped fresh dill (2 teaspoons dried)
1½ tablespoons fresh lemon juice
Salt and ground black pepper to taste
1 cup plain or herbed bread crumbs(Gluten Free)

In a large covered pot, steam the spinach in the water that clings to the leaves until just wilted, 2 or 3 minutes. Drain and chop the spinach and set it aside. In another pan, lightly sauté the scallions in the oil for about 5 minutes, or until softened and slightly browned.

Preheat oven to 350°

In a large mixing bowl, combine the spinach, scallions, rice, dill, and lemon juice. Add salt and pepper to taste. Stir well, mashing the rice mixture against the sides of the bowl with the back of a large spoon until the mixture holds together.

Prepare a baking sheet or large baking dish with cooking spray or a very light coating of vegetable oil. With dampened hands, pack a heaping ¼ cup of the rice mixture into a firm, round ball (like making a snowball). Roll the ball in the bread crumbs and place it on the baking sheet. Continue making balls until all of the rice mixture is used, arranging the balls on the baking sheet about an inch apart. Bake for 20-25 minutes, until the balls are heated through and crisp on the outside. Makes about 24 ping-pong-sized balls.

Variation: Add 1 cup of grated feta cheese to the rice mixture.