

Spinach & Broccoli Pizza Bites



NUTRITION INFORMATION:

GLUTEN FREE

PROTEIN: 3.2 G

FAT: 2 G

CARBS: 1 G

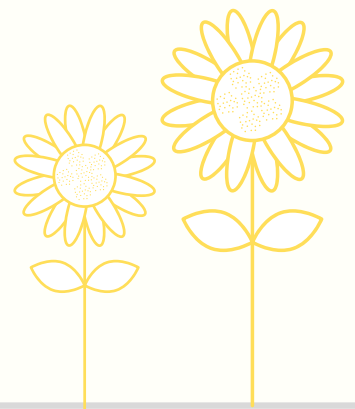
CALORIES: 35

WW POINTS: 1 SP

INGREDIENTS:

- 16 oz frozen chopped spinach (If you use fresh, steam first)
- 10 oz. frozen broccoli florets (If you use fresh, steam until soft first)
- 2 eggs
- $\frac{3}{4}$ cup parmesan cheese
- 1 tbsp onion powder
- 2 tsp garlic powder
- 1 tsp salt
- $\frac{1}{2}$ tsp pepper
- 24 slices turkey pepperoni
- $\frac{1}{2}$ cup shredded mozzarella (24 tsps)
- Olive oil spray

DIRECTIONS ON NEXT PAGE



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DIRECTIONS:

Preheat oven to 375F. Spray a 24 compartment mini-muffin pan with olive oil and set aside.

Squeeze all of the excess moisture out of the spinach and broccoli. Making the veggies as dry as possible is essential for this recipe. No one likes a wet pizza bite! When all the excess water has been removed, place spinach and broccoli in a medium size mixing bowl. Add eggs, parmesan cheese, and spices. Mix well with clean hands. At this point, I use an immersion blender (also known as a stick blender) for this recipe but you could use a regular blender. I blend until about $\frac{2}{3}$ of the recipe is smooth. It makes the mix much easier to pack into the muffin pan this way.

Place 1 slice of turkey pepperoni on the bottom of each muffin pan compartment forming the "crust" of the Pizza Bite. Then divide the spinach and broccoli mixture evenly among all of the compartments. Each compartment holds about 2 tbsps of mix. You should have enough veggie mixture to fill the whole tray perfectly.

Top each "bite" with 1 tsp of shredded mozzarella cheese and bake for 25 minutes until golden brown. Eat as is, or dip in your favorite pizza sauce for an extra kick of flavor!

Eat & Enjoy!

