



Quaker® Oats Spinach Cheese Balls

 **SERVINGS** not found or type unknown

 **COOKING TIME** not found or type unknown

4-6

25 min

Similar to Italian rice balls but prepared with oats, these irresistible spinach and cheddar balls are baked not fried.

Ingredients

- 2 cups [Quaker® Oats-Quick 1-Minute Oats](#)
- 1/2 tsp salt
- 2 cups baby spinach, roughly chopped
- 1/2 tsp garlic powder
- 1/4 tsp black pepper
- 1/4 tsp hot pepper flakes
- 3 eggs, divided
- 1/2 cup grated Parmesan cheese, divided
- 1 cup bread crumbs, divided
- 1 cup shredded cheddar cheese
- 1/4 cup all-purpose flour
- Olive oil cooking spray

Cooking Instructions

1. Bring 2 cups water and salt to a boil in medium saucepan. Stir in **QUAKER® Oats Quick 1-Minute Oats**. Reduce heat to medium. Stir in spinach. Cook for 1 minute or until oats are tender and have absorbed most of the liquid, and spinach is tender.
2. Stir in garlic powder, black pepper and hot pepper flakes. Transfer to bowl and let cool completely.
3. Add 1 egg, 1/3 cup Parmesan and 1/2 cup bread crumbs to oats mixture; stir until well combined. Stir in cheddar. Refrigerate for at least 2 to 3 hours or until well chilled and firm.
4. Preheat oven to 400°F.

5. Scoop oats mixture into 2-tbsp balls.
6. Transfer remaining bread crumbs to shallow baking dish. Stir in remaining Parmesan.
7. Transfer flour to shallow bowl.
8. In small bowl, beat remaining eggs.
9. Dredge balls in flour, dip in eggs and roll in bread crumb mixture. Arrange on parchment paper-lined baking sheet. Spray with cooking spray.
10. Bake for 20 to 25 minutes or until golden brown and heated through.