



SPINACH-AND-RICE POPPERS

Heat oven to 350°F. Grease baking sheet. In skillet, heat 1 Tbs. olive oil over medium heat. Add 1 (10 oz.) package fresh spinach, rinsed and chopped; 1 clove garlic, chopped; ½ small onion, chopped; ½ tsp. salt; and ¼ tsp. pepper. Cook 3 minutes, or until spinach wilts. Cool 5 minutes and transfer to large bowl. In same bowl, stir in 3 cups cooked rice, 1¼ cups shredded mozzarella, ¼ cup grated Parmesan cheese, 2 large eggs, and ¼ tsp. dried Italian herbs. Wet hands, roll 2 Tbs. mixture into a ball, and place on baking sheet. Repeat. Bake 20 minutes, or until firm. Serve with spaghetti sauce. Makes about 22 poppers.