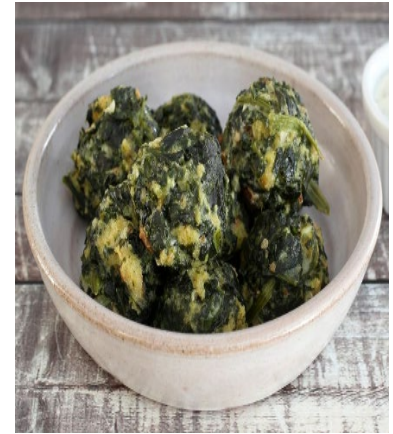


# Collard Green Bites

Servings: 12

## Ingredients

- 1 can of collard greens
- 1.5 cup of parmesan cheese
- 1/3 cup of bread crumbs
- ¼ cup of milk
- 2 eggs
- 2 tbsp olive oil
- 4 garlic cloves
- 1 small onion
- 2 tsp oregano
- Salt and pepper to taste



## Directions

1. Wash hands with warm, soapy water (at least 20 seconds).
2. Preheat oven to 400 degrees.
3. In a small bowl combine bread crumbs and milk. Set aside for breadcrumbs to absorb the milk.
4. In a small pot add olive oil, diced onion, and chopped garlic. Leave on low medium heat.
5. Drain collard greens. Squeeze all excess liquid out of collards with clean hands. Set aside in a bowl.
6. In a large bowl, add collard greens, parmesan cheese, eggs, bread crumbs, and seasonings.
7. Add the onion and garlic to the large bowl and mix well.
8. Create small balls out of the mixture. Add to baking sheet and bake at 400 degrees for 25 minutes.

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(82g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 320mg	<b>14%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	
Vitamin D 0mcg	0%
Calcium 196mg	15%
Iron 1mg	6%
Potassium 38mg	0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

  
**FOOD BANK**  
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Allergens: milk, eggs,  
wheat

# Bocaditos de berza

Porciones: 12

## Ingredientes

- 1 lata de berza
- 1.5 taza de queso parmesano
- 1/3 taza de pan rallado
- ¼ taza de leche
- 2 huevos
- 4 cucharadas de aceite de oliva
- 2 dientes de ajo
- 1 cebolla pequeña
- 2 cucharaditas de orégano
- Sal y pimienta al gusto



## Direcciones

1. Lavarse las manos con agua tibia y jabón (al menos 20 segundos).
2. Precalentar el horno a 400 grados.
3. En un bol pequeño, mezclar el pan rallado y la leche. Reservar para que el pan rallado absorba la leche.
4. En una olla pequeña, añadir aceite de oliva, cebolla picada y ajo picado. Dejar a fuego medio-bajo.
5. Escurrir la berza. Exprima todo el exceso de líquido de la berza con las manos limpias. Reservar en un bol.
6. En un bol grande, añadir la berza, el queso parmesano, los huevos, el pan rallado y los condimentos.
7. Añadir la cebolla y el ajo al bol grande y mezclar bien.
8. Haga bolitas con la mezcla. Añadir a una bandeja de horno y hornear a 400 grados durante 25 minutos.

## Nutrition Facts

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Alérgenos: leche, huevos,  
trigo