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# Healthy Cookie: Sweet Potato & Spinach Balls



I have very little self-control when it comes to delicious foods. Whether we're talking about a basket of fries or a big bowl of mac and cheese, I just can't put on the brakes. Unfortunately though, this predicament seems to only affect me around unhealthy, indulgent foods. Carrots or spinach? Not so much.

It figures that I have no problem inhaling inhuman quantities of foods that are bad for me, but I never have that problem with healthy stuff. Why can't it be the other way around? Life is so very cruel. However, I did find an exception, a 100% healthy and good-for-me treat that I can eat dozens of without batting an eyelash: my **Sweet Potato & Spinach Balls**.



**Posted:** February 20, 2013 | **Author:** The Smart Cookie Cook | **Filed under:** The Smart Cookie Cook | **Tags:** appetizer, food, healthy, snack, sweet potatoes, vegetarian | 4 Comments »



Oh man, I lose all self-control around these babies. Luckily, I don't have to feel guilty gorging 'em. Made with sweet potatoes, quinoa, fat-free ricotta, spinach, and more, these Sweet Potato & Spinach Balls are jammed-packed with **nutrients**. They're **hearty** and rich in flavor, so they'll fill you up and give you energy too.

I've got to say, these sweet potato-filled cuties are just as **addicting** as cake pops or chocolate truffles. It ain't often I pick something healthy over treats like that, but in the case of these Sweet Potato Spinach Balls, I would. They're chewy, lightly crisped on the outside, and creamy all at once. For something so simple, they are crazy **flavorful**. Serve them up at a party, give 'em to the kids as a snack, or make a delicious lunch for yourself. Everybody will love these sweet and savory bites.

#### A Few Tips Before You Get Cooking:

1. Kale would be wonderful in place of spinach.
2. Try some delicious dip for these balls like marinara sauce or Alfredo sauce.
3. Got leftovers? Just keep them in the fridge and heat 'em up when you're hungry. They taste just as delicious several days later as they did when you first made them.



#### Sweet Potato & Spinach Balls

*By The Smart Cookie Cook*

#### **Ingredients:**

- 2 large sweet potatoes
- 2 cups cooked quinoa rice blend
- 4 cups fresh spinach



- ¼ cup fat-free ricotta cheese
- ¼ cup grated parmesan cheese
- ¼ cup egg substitute, like Egg Beaters
- ½ tsp. salt
- Red pepper flakes, to taste (I used 3 good shakes)

**Directions:**

1. Preheat oven to 350 degrees F. Line a baking sheet with aluminum foil and spray liberally with nonstick spray.
2. Place the sweet potatoes on a microwave-safe plate lined with paper towels. Use a fork to poke holes in the tops of the potatoes. Cook in microwave on high for 6 minutes. Flip potatoes and microwave for another 6-8 minutes, or until tender (stick a knife through the center of the potato to test). Slice potatoes in half and let cool for a few minutes before removing and discarding skins.
3. Place the potatoes a large mixing bowl and use a large fork to mash them up. Add all remaining ingredients and thoroughly mix together until all ingredients are evenly distributed. Be sure to break up the chunks of ricotta.
4. Use your hands to roll tablespoons of potato mixture into balls. Be gentle; the mixture will be soft and sticky. Place balls on the prepared baking sheet about 1 inch apart. Bake 20-30 minutes or until just beginning to brown. They should be sturdy when you poke them. Carefully remove from tray and enjoy.



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