



Pat Bordman

A 'do-it-myself' treat Popeye would love

It's cousins include Mangelwurzel and Orach. It belongs to the Goosefoot family. But your offspring will never play with theirs.

It helps prevent night blindness and fights infection. It also helps hold body cells together. What is this versatile, yet elusive dinner guest? One final clue: Popeye likes it, but children usually don't. SPINACH!

Here's how to change spinach-haters into spinach-lovers. Even foods that are normally rejected by the finicky will be eagerly tested by them when they've had a hand. The trick is in allowing your children to handle most of the preparation.

They're bound to want to try out their own cooking, so turn them into do-it-myselfers. It is simple, but nutritious, for spinach is high in vitamin A. Sophisticated enough to serve to dinner guests, yet appealing to fussy young

eaters, this is truly a gooey concoction. Here's how:

SPINACH BALLS:
2 10-oz. pkg. frozen spinach, thawed.
8 ounces Muenster cheese, grated.
2 eggs - beaten. ¹/₄ tsp. pepper.
¹/₂ tsp. salt. bread crumbs.

The key is to allow the child to do as much as possible, so if the Muenster cheese you have isn't grated, let your child do this job. Similarly, your child can beat the egg, add to it the seasonings and then mix in the cheese. Set aside.

Here's a part they're sure to enjoy. The spinach must be squeezed out before adding to the cheese mixture. So little by little, pick up parts of the spinach and squeeze out the water, then place in the bowl with the cheese and egg

mixture. When this is complete, thoroughly blend all the ingredients together, except the bread crumbs, by squashing, squeeking and mashing with the hands.

Now you are ready to form the mixture into little balls. Pick up a small amount of the spinach concoction and shape it into a small ball. Then roll the ball in the bread crumbs and place on a cookie sheet. Do this until all the spinach mixture is used up.

Place cookie sheet in 350 degree oven, wait for 20 minutes, remove, and taste while still warm. Popeye would be proud!

Patricia Bordman has taught elementary school and conducted workshops and lectures on education. While attending Oakland University graduate school, she became interested in photography. She and her husband have two daughters and live in Farmington Hills.

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