

# Pick a better snack & Act



## This week Week Four



### Snack

#### Spinach Bites

- 1 pkg frozen, chopped spinach-drained
- 1 cup flavored bread stuffing
- ½ onion
- 2 eggs, beaten
- ¼ cup margarine, melted
- ¼ cup parmesan cheese

Preheat oven to 375 degrees. Combine all ingredients. Form into bite-size balls. Place balls on greased cookie sheet. Bake for 20 minutes and serve. Can freeze uncooked balls on cookie sheet. Defrost 20 minutes before baking.



### Be Active

- Iowa is a Prairie State. Take a walk at the nearest county or state park and see the many flowers.
- Start the summer season right at work by taking a lunch time walk. Even 10 minutes can be a benefit.

### More Info

The Iowa Nutrition Education Network, partnering with the USDA Team Nutrition, encourages you to balance food choices with physical activity to stay fit. For more information, call the ISU Answerline at 1-800-262-3804 or visit us on the web at [www.extension.iastate.edu/food/](http://www.extension.iastate.edu/food/).