

Baked Rice Balls

These mild baked nuggets of rice are simple enough to appeal even when you're feeling fragile. Adding Italian seasoning and using a stronger flavored cheese, such as Parmesan, perks them up a little. For added flavor, family members can dip them in pasta sauce.

Make extra rice the night before to use for these balls.

15 balls

Prep Time:
30 minutes or less

Total Time:
45 minutes or less

Nutritional Information

Per Serving (about 3 rice balls)

Calories	115
Total Fat	3 g
Total Carbohydrate	16 g
Dietary Fiber	0 g
Sugars	0 g
Protein	6 g
Sodium	85 mg

1 egg

1½ cups cooked white rice

½ cup grated or shredded mozzarella, Parmesan, or other cheese

2 tablespoons all-purpose flour

Salt and freshly ground black pepper

Pinch dried Italian seasoning, optional

1 cup pasta sauce, heated, optional

1. Preheat the oven to 350 degrees. Line a rimmed baking sheet with foil and lightly coat with nonstick cooking spray.
2. In a bowl, beat the egg. Add the rice, cheese, and flour and stir to combine. Sprinkle with salt, pepper, and Italian seasoning.
3. With wet hands, form the mixture into 1½-inch balls and place on the baking sheet. You may need to rewet your hands after every two to three balls.
4. Bake for 20 to 25 minutes, or until lightly golden. Serve with pasta sauce.