

Stinging Nettle Balls



Ingredients:

10+ ounces cooked Nettle greens (can substitute Chickweed, Lamb's Quarters or other spinach-like wild greens)

6 beaten eggs

3 cups stuffing (like Pepperidge Farm stuffing mix, or homemade)

1 tsp. garlic salt

1 tsp. pepper (can substitute dried, pulverized Spicebush berries)

3/4 cup melted butter

1 large onion, finely chopped (can substitute an equivalent amount of wild onions or leeks)

1/4 cup parmesan cheese

- Mix all the ingredients together and chill for at least 1/2 hour
- Roll into balls 3/4 to 1" in diameter
- Bake on ungreased cookie sheet for 20 minutes at 350°F
- Serve warm; makes approx. two dozen

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- *More info about **Russ Cohen's schedule of public foraging programs:***
<http://users.rcn.com/eatwild/sched.htm>
 - *More info about Russ' foraging book, **Wild Plants I Have Known...and Eaten:***
http://users.rcn.com/eatwild/press_release.htm
 - *More info about **Russ Cohen:***
<http://users.rcn.com/eatwild/bio.htm>