

Spinach Gnocchi

Serves 12

Ingredients

- Water for boiling
- 1-pound fresh, washed spinach
- 1 cup skim ricotta cheese
- 1/3 cup parmesan cheese, plus extra for sprinkling
- 1 egg
- 2 tbsp. of flour (plus extra for rolling)



Instructions

1. Bring stock pot half filled with water to a boil. Meanwhile, place spinach in a food processor with ricotta, parmesan, egg and flour and pulse until thoroughly combined.
2. Place ½ tbsp. flour on your work surface (parchment paper or cutting board) and roll into 20 balls
3. In a large pot of boiling water, cook in small batches for 3 minutes at a time. When the balls rise to the surface of the mixture remove them with a slotted spoon and sprinkle with parmesan to serve.

Nutrition facts per serving (2 balls per serving): 85 calories, 5 grams fat, 215 mg sodium, 3 grams carbs, 1-gram fiber, 7 grams protein