

Ricotta Gnocchi

Making fresh Ricotta Gnocchi without special equipment

As much as I enjoy making pasta from scratch, most folks in WW don't. Let's face it... it's intimidating. I needed to figure out a way to show people how easy it could be to make their own delicious pasta, without needing any special equipment or pasta machines. Well, now all people have to do is make dough, roll it into ropes, cut it into nuggets and boil. Done.

The KEY to these dumplings is that you want to cut them small. They are not meant to be the bulk of a dish. Fortify them with lots of 0 point veggies, meats, and a low point sauce. You want to stretch the 1 serving of gnocchi as far as you can. They are the star of a dish, not the bulk of it.

Serving Info:

Yield: 2 large dough balls
Servings: 8
Serving Size: 1/4 portion



- points last checked 11/10/21 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

- 2 cups All Purpose Flour (or your preferred flour)
- 1 tsp baking powder
- 2 large eggs
- 1/2 cup Low Fat Ricotta Cheese
- 1/2 tsp salt
- olive oil cooking spray ***
- additional water to mix (around 1/4 cup)

Directions:



1. In a large mixing bowl, combine the flour, baking powder, eggs, ricotta and salt to form a dough ball. Add extra water as necessary to just help the ball come together. The dough should be the texture of semi firm play dough. Not too firm, but still soft.
2. Cut the 2 cup dough ball into 2 equal sized 1 cup dough balls. Wrap one in plastic wrap and store in the freezer for later use if you only want to make a 1 cup batch. Otherwise, prepare both sections.



3. Cut 1 of the dough ball section into (4) 1/4 cup, then cut those in half into small 1/8 cup sections.



5. Cut each strand into small gnocchi. You should be able to get around 60-70 small gnocchi per 1/4 cup section. Then, lightly press down on each dumpling with a small fork, to give them a gnocchi "look" and make them slightly larger.



4. Roll each 1/8 section into long ropes, about as thick as your pinky finger. Lightly spray with cooking spray to help prevent sticking.



6. Drop dumplings into boiling water and cook for 2-3 minutes. Toss with your sauce immediately, or rinse with cold water and store in a ziplock bag in the fridge for later.



NOTES:

- You can use cottage cheese instead of ricotta.
- If your 'personal plan' allows you to have whole wheat pasta for 0 points, use whole wheat flour instead of the A.P. flour. The flour will technically count as 0 points, because it is being used to MAKE whole wheat pasta, from scratch. The only points would be ricotta, as well as the eggs, if you don't have eggs as a 0 point protein.