

Spinach Gnocchi

Summary

Yield	Servings
Source	wailana
Prep time	
Cooking time	30 minutes
Total time	30 minutes

Description

These Italian dumplings are usually served as the central part of an Italian meal, often alongside pasta or rice. The accompanying tomato sauce recipe makes enough sauce to serve with the dumplings as well as to pour over your favorite pasta noodles or rice. Make half the amount of the sauce if you don't need any extra.

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Ingredients

- 1
Medium potato, peeled and cubed
- 8 c
Spinach, finely chopped
- 1 c
Low-fat cottage cheese
- 1 c
+ 2 Tbsp. grated Parmesan cheese
- 2 tspn
Salt
- 1 1/4 tspn
Pepper
- 1 2/3 c
Unbleached white flour
- 1
Recipe of Italian-Style Tomato Sauce (given below)

Instructions

1. Boil the potato in water until tender, then drain and mash well. Set aside. In a large saucepan, cook the spinach until wilted and the water evaporates. Remove from the heat, drain, and cool. When cool

- enough to handle, squeeze as much water from the leaves as you can.
2. In a bowl mix the mashed potatoes, spinach, cottage cheese, 1 cup of the cheese, 1 tsp. of the salt, and the pepper. Add 1 cup of the flour and mix to form a soft dough. Cover and chill for 30 minutes.
 3. In a large saucepan bring 9 cups of water and the remaining 1 tsp. salt to a boil. Meanwhile, spread the remaining 2/3 cup flour on a baking tray. Take a heaping tablespoon of the spinach mixture and pat and roll it into a short loglike shape. Place on the floured baking tray and roll lightly to coat evenly. Dust off the excess flour. Roll all the gnocchi in this way.
 4. Carefully place 8-9 gnocchi in the boiling water. They will sink to the bottom of the pan. Reduce the heat to medium. Cook for 8-9 minutes until they rise to the surface of the water and are slightly puffy and firm to the touch. Remove from the water with a slotted spoon, draining over the pan briefly, then place in an oiled baking dish.
 5. Bring the water to a boil again and cook the rest of the gnocchi in the same way. When all the gnocchi are arranged in the baking dish, drizzle lightly with olive oil and sprinkle with 2 Tbsp. Parmesan cheese. Broil in the oven until the cheese is melted and browned. Serve with the accompanying sauce and your favorite pasta or rice.

Notes

Nutritional Information Per Serving:

Calories: 285, Fat 8.6g (77 cal), Carbohydrate 37.5g (151 cal), Protein 14.4g (57 cal)

Added information: Saturated Fat 3.3g, Cholesterol 12mg, Sodium 892mg, Dietary Fiber 3.4g

Italian-Style Tomato Sauce:

2 Tbsp. olive oil
5 cloves garlic, minced
1 cup onion, finely chopped
1 cup green onion, finely chopped
10 cups ripe tomatoes, chopped
2 tsp. balsamic vinegar
3 Tbsp. raw sugar
1/2 tsp. black pepper
1 tsp. salt, or to taste
4 tsp. Italian seasoning
3 Tbsp. cornstarch mixed with 3 Tbsp. water

1. Heat the oil in a large saucepan on medium heat. Add the next 3 ingredients and sauté until lightly browned. Add just enough water to cover and cook until the onions are soft. Add the tomatoes and cook uncovered for 10-15 minutes.

2. Add the next 5 ingredients and mix well. Add the cornstarch mixture and stir until thickened.

Source URL: <http://www.wailana.com/lifestyle/recipe/spinach-gnocchi>