

Garlic Butter Gnocchi

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Adapted from Robin at Faith and Flour

Serves: 6

10 points on all plans

To reduce the points, you can use light butter or less cheese.

- 4 Tbsp butter
- 3 cloves garlic
- 2 cups cherry tomatoes, halved
- 1 tsp oregano
- salt and pepper to taste
- pinch crushed red pepper
- 4 cups baby spinach
- 1 cup chicken broth
- 1 cup fat free 1/2 and 1/2
- 2 oz parmesan cheese, grated
- 2 Tbsp fresh parsley chopped OR 1 tsp dried
- 2 Tbsp fresh basil, chopped OR 1 tsp dried
- 24 ounces cauliflower gnocchi (points were calculated with Trader Joe's brand – if you use a different brand, calculate points), thawed if frozen.
- 4 oz part skim mozzarella, shredded

1. Preheat oven to 350

2. Melt butter in a skillet

3. Add cherry tomatoes, oregano, salt and pepper and crushed red pepper
4. Cook until the tomatoes start to burst.
5. Add 1/2 of the spinach, cook down. Add the other half. After it is wilted, add chicken broth, half and half, parmesan cheese and herbs
6. Bring to a simmer, reduce heat, cook 3 minutes until slightly reduced.
7. Add gnocchi and toss to coat. Mix well
8. Pour into a 9×13 pan. Top with mozzarella.
9. Bake 30 minutes at 350

Main Course
pasta