

Low-Point Gnocchi and Sauce with Sesame Green Beans

Ingredients:

- Pam Cooking Spray
- 1, 12 oz. package of frozen Boca Meatless Ground Crumbles, thawed
- 2 cups of Ragu (any flavor)
- 16 oz. Potato Gnocchi
- Parmesan cheese

Spray skillet with Pam cooking spray and cook Boca crumbles over medium-high heat for 12 minutes or until cooked thoroughly. Add Ragu and simmer until heated through. While at the same time, boil gnocchi for 8 to 10 minutes (until they're floating at the top of the water). Drain. Place 1/2 cup of gnocchi on plate and serve 1/4 cup Ragu mixture on top. Sprinkle with parmesan cheese.

Serving size = 1/2 cup gnocchi with 1/4 cup sauce

Points per serving = 3

Sesame Green Beans

Ingredients:

- 1 lb. fresh green beans
- 3 tsp. sesame seeds (found in the spice section of the grocery store)
- 2 Tbs rice vinegar
- 2 Tbs Worcestershire sauce
- 1 tsp. Splenda
- 1/2 tsp. crushed red pepper flakes (optional)

Boil green beans for about 8 minutes (or until crisp-tender).

Meanwhile, in ungreased skillet, heat sesame seeds over medium-low heat, stirring frequently until they start to brown. Stir in remaining ingredients and heat through. The sauce evaporates quickly and the sesame seeds may appear to stick together but when you mix them with the drained hot green beans, the heat separates the seeds, making it easy to mix. One half to one cup = 0 points!

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)