

Low-Point Spinach-Ricotta Dumplings

Ingredients:

- 1, 10 oz. package frozen chopped spinach, thawed and drained well
- 1/3 cup flour
- 1 1/2 cups low-fat ricotta cheese
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. ground nutmeg
- 2 1/2 oz. shredded parmesan cheese
- 2 egg yolks
- 1 egg
- marinara sauce (I used Classico brand)
- 1/4 to 1/3 cup flour to coat dumplings

In a large bowl, combine all of the ingredients together down to marinara sauce but not to include the marinara sauce. Sprinkle about 1/4 to 1/3 cup flour in a separate shallow bowl. Drop a large tablespoon of the ricotta mixture into the flour to coat, and gently roll into a ball. Set the ricotta balls/dumplings onto a separate plate until all the ricotta mixture has been used and you have about 24 dumplings. Place marinara in large skillet over medium heat; cover and keep warm. Bring a large pot of water to a boil. Reduce heat to medium-low. Add about 5 dumplings at a time to water and cook for 6 minutes (do not boil). Remove dumplings from sauce pan with a slotted spoon and place in the marinara to keep warm. Repeat with remaining dumplings. Enjoy!

Total servings - 24 dumplings

Serving size - 3 dumplings with 1/2 cup marinara sauce

Points per serving - 2

Points plus per serving - 3.5

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

"Do not raise the bar any higher for yourself, until you have celebrated what you have already accomplished." - Anonymous