

Ricotta Lemon Gnocchi

Prep Time: 15 minutes

Cook Time: 10 minutes

Total Time: 25 minutes

Servings: 2

Calories: ~320 kcal per serving

Ingredients

- 1 cup fresh ricotta cheese (well-drained)
- 1 large egg
- ½ cup grated Parmesan cheese
- ¾ cup all-purpose flour (plus extra for dusting)
- Zest of 1 lemon
- 1 tbsp lemon juice
- ½ tsp salt
- ¼ tsp black pepper
- 1 tbsp olive oil or butter (for sautéing)
- Fresh basil or parsley (for garnish)

Instructions

1. **Drain Ricotta:** Place ricotta in a fine mesh sieve for 10 minutes to remove excess moisture.
2. **Fix Dough:** In a bowl, combine ricotta, egg, Parmesan, flour, lemon zest, juice, salt, and pepper. Mix until a soft dough forms. Avoid overmixing.
3. **Shape Gnocchi:** On a floured surface, roll dough into long ropes about ¾ inch thick. Cut into bite-sized pieces.
4. **Cook:** Bring salted water to a gentle boil. Drop gnocchi in batches; cook until they float (2–3 minutes).
5. **Sauté:** Drain and transfer to a pan with olive oil or butter. Lightly sauté until golden.
6. **Serve:** Top with extra lemon zest, fresh herbs, and a drizzle of olive oil.

Nutrition (Per Serving)

Nutrient	Amount
Calories	320 kcal
Protein	18 g
Carbohydrates	28 g
Fat	14 g
Fiber	2 g
Calcium	22% DV
Vitamin C	15% DV

Health Benefits

- **High in protein** from ricotta and egg, supporting muscle repair and satiety.
- **Rich in calcium** for bone strength and nerve function.
- **Lemon** aids digestion and adds antioxidants.
- **Lower in fat** compared to potato gnocchi when made with part-skim ricotta.

Tips for Perfect Gnocchi

- Use **fresh, well-drained ricotta**—too much moisture makes dough sticky.
- Don’t overwork the dough; light hands mean fluffy gnocchi.
- For a **lighter version**, substitute half the flour with whole wheat or almond flour.
- Serve with a **simple sauce**—lemon butter, basil pesto, or olive oil with herbs.