



## Mediterranean Cauliflower Gnocchi



1/2 of recipe (about 1 cup): 310 calories, 4.5g total fat (1.5g sat fat), 790mg sodium, 41.5g carbs, 8.5g fiber, 20g sugars, 13.5g protein

**Green Plan [SmartPoints](#)® value 11\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 11\***

**Purple Plan [SmartPoints](#)® value 11\***

**Prep:** 5 minutes    **Cook:** 20 minutes



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### Ingredients

One 10-oz. package [Green Giant Cauliflower & Spinach Gnocchi](#)  
3 cups roughly chopped spinach  
1/2 cup marinara sauce with 70 calories or less per serving (like [the kind by Victoria](#))  
1/4 tsp. Italian seasoning  
2 tbsp. crumbled feta cheese  
2 tbsp. chopped fresh basil

### Directions

Bring a pot of water to a boil. Carefully add gnocchi. Cook until gnocchi begin to float, about 2 minutes.

Transfer gnocchi to a strainer to drain.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add cooked gnocchi. Cook and stir until lightly browned, about 3 minutes.

Add spinach. Cook and stir until wilted, about 1 minute.

Reduce heat to low. Add marinara sauce and Italian seasoning. Cook and stir until hot, about 2 minutes.

Serve topped with feta and basil.

MAKES 2 SERVINGS

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.