

# Spinach-Ricotta Dumplings with Garlic Tomato Sauce

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## Servings: 4

*1/4 cup extra-virgin olive oil*  
*3 cloves garlic, minced*  
*1 can (28 ounce) no-salt-added whole peeled tomatoes in puree'*  
*8 large fresh basil leaves, chopped*  
*Kosher salt*  
*freshly ground pepper*  
*1/2 cup all-purpose flour*  
*1 package (10 ounce) frozen chopped spinach, thawed, squeezed dry and finely chopped*  
*2 cups whole milk ricotta cheese*  
*1/4 cup Parmesan cheese, grated*  
*2 large egg yolks*  
*pinch grated nutmeg*  
*grated Parmesan cheese (for topping)*

## Preparation Time: 30 minutes

In a medium saucepan over medium heat, heat two tablespoons of olive oil. Add the garlic and cook, stirring, until softened, 1 to 2 minutes. Stir in the tomatoes. Mash into a chunky sauce using a wooden spoon. Bring to a boil. Reduce the heat to a gentle simmer. Cook, stirring occasionally, until the sauce thickens, about 12 minutes. Stir in the basil and season with salt and pepper. Remove from the heat. Transfer the mixture to a blender and puree'.

Dust a rimmed baking sheet with flour. Set aside.

In a large bowl, mix the spinach, ricotta, Parmesan cheese, egg yolks, nutmeg, one teaspoon salt and one teaspoon pepper. Add the flour. Stir until just combined. Drop tablespoons of the dough onto the flour-dusted pan, shaking the pan from side to side to coat the dumplings in the flour and smooth out their edges. Refrigerate for 10 minutes.

Meanwhile, bring a large pot of water to a boil. Reduce the heat to maintain a steady simmer. Add the chilled dumplings. Cook until they float to the top and are tender, 4 to 5 minutes. Remove with a slotted spoon. Transfer to a paper towel-lined plate to drain.

Serve on top of the tomato sauce and drizzle with the remaining two tablespoons of olive oil. Sprinkle with more Parmesan.

Start to Finish Time: 40 minutes

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Per Serving (excluding unknown items): 474 Calories; 34g Fat (63.7% calories from fat); 22g Protein; 21g Carbohydrate; 4g Dietary Fiber; 172mg Cholesterol; 285mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 5 Fat.

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	474	<b>Vitamin B6 (mg):</b>	.3mg
<b>% Calories from Fat:</b>	63.7%	<b>Vitamin B12 (mcg):</b>	.7mcg
<b>% Calories from Carbohydrates:</b>	17.7%	<b>Thiamin B1 (mg):</b>	.2mg
<b>% Calories from Protein:</b>	18.6%	<b>Riboflavin B2 (mg):</b>	.5mg
<b>Total Fat (g):</b>	34g	<b>Folacin (mcg):</b>	188mcg
<b>Saturated Fat (g):</b>	14g	<b>Niacin (mg):</b>	2mg
<b>Monounsaturated Fat (g):</b>	16g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	2g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	172mg	<b>% Daily Value*</b>	0.0%
<b>Carbohydrate (g):</b>	21g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	4g	<b>Grain (Starch):</b>	1
<b>Protein (g):</b>	22g	<b>Lean Meat:</b>	2 1/2
<b>Sodium (mg):</b>	285mg	<b>Vegetable:</b>	1
<b>Potassium (mg):</b>	540mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	469mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	4mg	<b>Fat:</b>	5
<b>Zinc (mg):</b>	2mg	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	29mg		
<b>Vitamin A (i.u.):</b>	9663IU		
<b>Vitamin A (r.e.):</b>	1125 1/2RE		

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 474 Calories from Fat: 301

### % Daily Values\*

<b>Total Fat</b>	34g	52%
Saturated Fat	14g	69%
<b>Cholesterol</b>	172mg	57%
<b>Sodium</b>	285mg	12%
<b>Total Carbohydrates</b>	21g	7%
Dietary Fiber	4g	16%
<b>Protein</b>	22g	

<b>Vitamin A</b>	193%
<b>Vitamin C</b>	48%
<b>Calcium</b>	47%
<b>Iron</b>	22%

\* Percent Daily Values are based on a 2000 calorie diet.