

Low-Carb Goat Cheese Gnocchi



Serves 6

Ingredients:

- 1/2 cup soy flour, sifted
- 1/2 cup all-purpose flour, sifted
- 1-1/2 cups Parmesan cheese, grated
- 3 large egg yolks
- 8 ounces goat cheese, softened
- 8 ounces cream cheese, softened

Instructions:

1. Bring a large pot of water to a gentle boil.
2. Combine all ingredients in a large bowl. Use your hands and fingers to incorporate everything thoroughly into a dough ball.
3. Break off a small handful of dough and place on a large wooden surface and roll it with both hands into a rope of about $1\frac{1}{2}$ to $\frac{3}{4}$ -inch thick and about one foot long. With a small knife, cut the rope into 1-inch sections. Continue making the little gnocchi dumplings until all the dough is used up. You should have about 172 gnocchi. Place them onto a cookie sheet lined with wax paper or non-stick foil.
4. Place a batch of about 30 gnocchi in the boiling water at a time. After about 2 to 3 minutes they will float to the surface. After they have floated for about 15 to 30 seconds, remove them with a strainer to a large platter or large bowl. Repeat until all gnocchi have been cooked. Top with your favorite sauce and serve.

Nutrition per serving: Calories 534; Total Fat 39.4 g; Saturated Fat 18.2 g; Monounsaturated Fat 14.0 g; Polyunsaturated Fat: 4.3 g; Total Carbohydrates 18.1 g; Dietary Fiber 3.0 g; Sugar Alcohols 0.1 g; Sugars 3.7 g; Protein 28.9 g; Sodium 733 mg