



Keto Gnocchi

Active Time: 25 minutes | **Total Time:** 25 minutes | **Serves:** 4

Nutrition Information Per Serving

296 calories, 2.29 g carbohydrate, 0.04 g fiber, 2.25 g NET carbs, 15.73 g protein, 24.98 g fat

Ingredients

- 8 ounce(s) organic mozzarella cheese (low moisture, part skim)
- 3 large(s) egg yolks
- 1/2 tsp(s) garlic powder
- 2 Tbsp(s) grass-fed butter
- 2 Tbsp(s) extra virgin olive oil

Preparation

1. Melt the mozzarella cheese in the microwave for 1 minute. Stir and then microwave again for 30 seconds to completely melt.
2. Add egg yolks, one at a time, stirring and using your hands. This takes some effort, so get in there and squish it around to form a homogeneous dough.
3. Refrigerate the dough for 10 minutes wrapped in cellophane.
4. Grease a sheet of parchment paper and place dough in center. Divide into 4 balls.
5. Roll each ball into a 12-14" log, then slice into 1" pieces. Gently press with a fork to create sauce-sopping tine marks, if desired.
6. Heat a large safe nonstick skillet over medium-high heat. Add the butter and oil.
7. When melted, add the gnocchi and saute for 1-2 minutes to golden, then flip.

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