




BUTTERNUT SQUASH GNOCCHI WITH ROASTED VEGETABLES

Pillowy gnocchi bathed in a white wine reduction, paired with roasted summer vegetables. Feel free to adjust the vegetables according to your preferences and what's in season!

 1 hour
 2 hours
 6 portions

INGREDIENTS

- 1 medium butternut squash (2-3 pounds)
- 1 large russet potato, peeled
- 1 cup finely grated parmesan cheese
- 2 large eggs
- 2 cups all-purpose flour (may need more depending on dough)
- 1 teaspoon Kosher salt
- 1 teaspoon ground nutmeg
- 1 teaspoon ground sage
- 1/2 stick salted butter
- 1/2 cup dry white wine
- 1/2 cup milk (not fat free)
- 3 large carrots, peeled and cut into sticks
- 2 medium zucchini, chopped
- 2 red onions, roughly chopped
- 1 head cauliflower, cleaned and broken into large florets
- 6 cloves garlic, peeled and roughly chopped
- 1 teaspoon Kosher salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon crushed red pepper flakes
- 1/2 cup extra-virgin olive oil + additional 2 tablespoons for roasting squash

COOKING METHOD

- 1° Preheat the oven to 400 degrees F. Cut the butternut squash in half, and scoop out the seeds (discard or plant!). Place the two halves, cut side facing up, on a baking sheet. Drizzle with 2 tablespoons olive oil. Roast for 1 hour, or until the flesh is very soft.
- 2° While the squash is baking, boil the potato until very soft, about 25-30 minutes. Drain the potato, and pass through a ricer (or mash until very smooth).
- 3° In a large bowl, combine the meat from one half of the squash (use the other half for something else), the potato, the eggs, parmesan cheese, salt, nutmeg, and sage, and mix until very smooth. Add the flour, and stir to combine. Let the dough rest for about 30 minutes under a clean cloth.
- 4° While the gnocchi dough is resting, prep the vegetables; preheat the oven to 400 degrees F.
- 5° Toss the carrots, onions, zucchini, cauliflower, and garlic with 1/2 cup olive oil, 1 tsp each salt/pepper/crushed red pepper, and spread evenly on a large baking sheet.
- 6° Roast the vegetables for at least 30 minutes, or until they begin to brown.
- 7° While the vegetables are baking, prepare the gnocchi. Turn out the dough on a floured surface, and knead lightly until dough is soft and smooth, adding flour one tablespoon at a time if the dough is sticky.
- 8° Divide the dough into four pieces. Working with one piece at a time, roll each piece into a rope, about 1/2 inch thick. Cut the dough into pieces, about 1 inch long (the gnocchi will puff as they cook). Roll the pieces along the tines of a fork to make ridges on one side.
- 9° Bring a large stockpot of salted water to a boil on the stovetop. When the water is boiling, gently add the gnocchi. The gnocchi will start to float, but continue to cook for about 10-15 minutes, or until soft and pillowy.
- 10° When the gnocchi are nearly finished cooking, take the pot off the heat and move it to the back of the stove, keeping the gnocchi in the pasta water to prevent sticking.
- 11° On the same burner, in a large saute pan, melt the 4 tablespoons of butter. When the butter is melted, add the white wine and milk, and bring to a simmer. Once the sauce is simmering, drain the gnocchi and add to the pan. Gently toss the gnocchi and cook for 2 minutes, or until sauce is thickened.

12° Remove the vegetables from the oven, and divide the vegetables among 6 plates. Top with gnocchi and sauce.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (375 g)	% DRI
ENERGY	165 kcal	617 kcal	31 %
FAT	9 g	33 g	51 %
FATTY ACIDS, TOTAL SATURATED	3 g	11 g	54 %
CHOLESTEROL	26 mg	98 mg	33 %
SODIUM	319 mg	1197 mg	50 %
CARBOHYDRATE	17 g	63 g	21 %
SUGARS	2 g	7 g	—
FIBER	2 g	6 g	23 %
PROTEIN	4 g	16 g	—