

Homemade Gnocchi

Gnocchi are (pronounced NYOH-kee) miniature Italian potato dumplings that are served like pasta. The Pampered Chef® makes them amazingly easy!

- 1½ cups prepared instant mashed potatoes, cooled
- 1 egg
- ¼ teaspoon salt
- 1½-2 cups all-purpose flour
- 1 cup marinara pasta sauce, warmed

1 In (8-qt.) Stockpot, bring water to a boil. Combine mashed potatoes, egg and salt using **Small Mix 'N Scraper®**; mix well. Add 1½ cups of the flour and mix until dough begins to form into a ball. Turn dough out onto smooth side of lightly floured **Large Grooved Cutting Board**; knead lightly until smooth. Sprinkle additional flour over surface as needed to form a dough that is not sticky or dry.

2 Divide dough into six equal portions; roll each portion into a ½-inch-thick log across full length of cutting board (below, left).

3 Using **Pizza Cutter**, cut each log into ¾-inch pieces, forming pillow-shaped gnocchi (below, right).

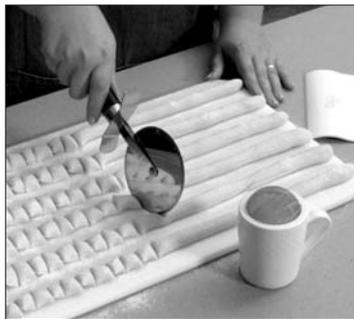
4 Carefully drop gnocchi into boiling water. Once gnocchi rise to the surface, cook 2 minutes (about 4 minutes total). Drain in large **Colander**. Serve with warm marinara sauce.

Yield: 4 servings

Light Nutrients per serving: Calories 370, Total Fat 9 g, Saturated Fat 4.5 g, Cholesterol 70 mg, Carbohydrate 60 g, Protein 11 g, Sodium 640 mg, Fiber 2 g



See Step 2



See Step 3

Gnocchi with Walnut Pesto

- 1 recipe *Homemade Gnocchi*
- ¼ cup walnuts
- ½ cup lightly packed fresh basil leaves
- 1 tablespoon **Pantry Basil Oil** or olive oil
- 1 garlic clove, pressed
- ¼ teaspoon salt
- ⅛ teaspoon coarsely ground black pepper
- ¼ cup (1 ounce) grated fresh Parmesan cheese

1 Prepare gnocchi as recipe directs, omitting marinara sauce. Drain and return to Stockpot; keep warm. Meanwhile, place walnuts in **Small Micro-Cooker®**. Microwave, uncovered, on HIGH 1-2 minutes, stirring after each 30-second interval, until fragrant and lightly toasted; cool completely. Place walnuts and basil on **Cutting Board**; finely chop together using **Food Chopper**. Combine basil mixture, oil, garlic pressed with **Garlic Press**, salt and black pepper in **Small Batter Bowl**.

2 Add pesto to cooked gnocchi in Stockpot; mix gently. Spoon onto serving plates. Grate Parmesan cheese over gnocchi using **Deluxe Cheese Grater**.

Yield: 4 servings

Nutrients per serving: Calories 430, Total Fat 17 g, Saturated Fat 6 g, Cholesterol 75 mg, Carbohydrate 56 g, Protein 13 g, Sodium 680 mg, Fiber 3 g

Gnocchi with Sage Brown Butter

- 1 recipe *Homemade Gnocchi*
- 1 tablespoon **Pantry Basil Oil** or olive oil
- 1 tablespoon butter (do not substitute margarine)
- 3 tablespoons snipped fresh sage leaves
- ¼ cup (1 ounce) grated fresh Romano cheese
- Coarsely ground black pepper
- Additional sage leaves (optional)

1 Prepare gnocchi as recipe directs, omitting marinara sauce. Heat oil and butter over medium heat in (12-in.) **Skillet**. Add sage and cook 1 minute or until butter just begins to brown. Add cooked gnocchi. Cook without stirring 4-5 minutes or until gnocchi are golden brown on one side.

2 Remove from skillet; spoon onto serving plates. Grate cheese over gnocchi using **Deluxe Cheese Grater**. Top with coarsely ground black pepper; garnish with additional sage, if desired.

Yield: 4 servings

Nutrients per serving: Calories 410, Total Fat 16 g, Saturated Fat 8 g, Cholesterol 80 mg, Carbohydrate 55 g, Protein 11 g, Sodium 540 mg, Fiber 2 g