



Sweet Potato Gnocchi (Makes 4-6 servings)

These gnocchi are light and fluffy, and slightly sweet! A little cheese in the dough gives these gnocchi a creamy texture that contrasts with the crispy outside once these are browned. A simple garlic butter complements these for a satisfying fall dinner.

Ingredients

- 2 medium sweet potatoes
 - ½ C whole milk ricotta
 - ¼ C grated parmesan
 - 1 large egg
 - Salt and pepper to taste
 - 2 to 2 ½ C all purpose flour
- For Sauce:
- 1 stick butter
 - 2 cloves garlic, minced
 - ½ C parmesan
 - ½ t salt

Step-by-step instructions:

1. **DO AHEAD: Preheat** oven to 400 degrees F. Line a baking sheet with parchment paper.
2. **Pierce** potatoes with a fork; **place** potatoes onto prepared baking sheet. **Place** into oven and bake until tender, about 1 hour. Let **cool** completely.
3. **MAKING GNOCCHI: Cut** sweet potatoes in half; **scoop** flesh into a medium bowl and **mash**. **Transfer** 1 1/2 cups to a large bowl and save any remaining sweet potato for another use.
4. To the large bowl, **add** ½ C ricotta, ¼ C Parmesan, egg, 3/4 teaspoon salt and 1/4 teaspoon pepper. **Stir** well.
5. **Add** flour, 1/2 cup at a time, until a soft dough forms, being careful not to over-knead.
6. Working on a lightly floured surface, **divide** dough into 6 equal pieces. **Roll** each piece into a 20-inch long rope, about 1-inch in diameter, sprinkling with additional flour as needed to prevent sticking.
7. **Using** a sharp knife, cut each rope into 3/4-inch bite-size pieces; **transfer** to a lightly floured baking sheet.



THE FLAVOR LABS

cooking • experimentation • fun

8. **Bring** a large pot of salted water to a boil; working in 3 batches, **cook** gnocchi until tender, stirring occasionally, about 4-6 minutes. **Drain** well and transfer to clean rimmed baking sheet.
9. **Heat** olive oil in a large skillet over medium high heat. **Add** gnocchi and cook until golden brown and crisp, flipping once, about 2-3 minutes per side; set aside.
10. **Melt** butter in the skillet over low heat, 1 tablespoon at a time, until butter starts to foam. **Add** garlic and salt and cook, stirring frequently, until fragrant, about 1 minute.
11. **Toss** the gnocchi in sauce, sprinkle with remaining $\frac{1}{4}$ C parmesan and **eat** right away. Enjoy! 😊