GNOCCHI

Ingredients

- 2 large sweet potatoes (~3 pounds)
- 2 ½ cups whole wheat or spelt flour
- ¾ teaspoon fine sea salt, divided
- 2 tablespoons unsalted butter
- 2 tablespoons extra virgin olive oil
- 15 sage leaves, thinly sliced

Directions

- 1. Preheat oven to 400°F. Prick sweet potatoes several times with a fork and bake for about 50 minutes, until completely soft and a fork can be poked all the way through. Remove from oven and let cool.
- 2. Remove skins and mash sweet potato flesh (saving skins to make chips, to avoid wasting them). Form a small mound with a hole in the middle and fill with flour and salt. Knead to combine, being careful to not overwork the dough to avoid making it tough. Add more flour as necessary to prevent sticking, but avoid adding too much to keep gnocchi light and tender.
- 3. Roll into a ball and divide into four small balls. Use your fingers to roll out each into a rope, roughly 1 foot long. Use a knife to cut each into 1-inch nuggets. Then create classic ridges in each by quickly rolling across the back of a fork.
- **4.** Boil the gnocchi in a large pot of boiling water in 3 or 4 batches, giving a quick stir after adding them to the pot. Gnocchi will rise to the top when done cooking, 1–2 minutes. Use a slotted spoon to transfer to a plate or colander to drain and repeat with subsequent batches.
- 5. Heat the butter in a large sauté pan over medium-high heat. Allow the butter to melt. When the butter is just beginning to turn a light golden color, add the olive oil and heat for about 30 seconds, and then brown. Add sage and fry until fragrant, about 1 minute. Add gnocchi and ¼ teaspoon salt. Cook, tossing to combine, for about 3 minutes. Serve immediately.

1 1/2 HOURS

SERVES 8

Nutrition Facts
340 calories | 7g fat | 2g saturated fat | 311mg sodium
62g carbohydrate | 10g fiber | 7g sugar | 9g protein