



Butternut Squash Gnocchi with Sage Brown Butter

READY IN



240 min.

SERVINGS



6

CALORIES



564 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.8 cups all purpose flour ()
- ☐ 0.5 cup butter (1 stick)
- ☐ 1 pound butternut squash
- ☐ 1 large eggs beaten to blend
- ☐ 2 tablespoons sage fresh chopped
- ☐ 1.5 teaspoons nutmeg freshly grated
- ☐ 1 tablespoon olive oil
- ☐ 0.8 cup parmesan cheese divided finely grated

- ☐ 6 servings additional parmesan cheese grated
- ☐ 12 ounce baking potatoes peeled quartered
- ☐ 1 teaspoon salt

Equipment

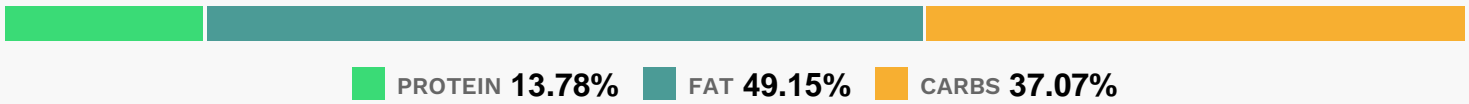
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 400°F.
- ☐ Cut squashlengthwise in half; discard seeds.
- ☐ Placesquash halves, cut side up, on baking sheetand brush with oil. Roast until squash isvery tender when pierced with skewerand browned in spots, about 1 1/2 hours.Cool slightly. Scoop flesh from squash intoprocessor; puree until smooth.
- ☐ Transferto medium saucepan; stir constantly overmedium heat until juices evaporate andpuree thickens, about 5 minutes. Cool.Measure 1 cup (packed) squash puree(reserve remaining squash for another use).
- ☐ Meanwhile, cook potato in mediumsaucepan of boiling salted water until verytender, about 20 minutes.
- ☐ Drain. Whilepotato is warm, press through potato ricerinto medium bowl; cool completely. Measure2 cups (loosely packed) riced potato (reserveremaining potato for another use).
- ☐ Mix squash, potato, 1/2 cup Parmesan,egg, nutmeg, and salt in large bowl.Gradually add 1 3/4 cups flour, kneadinggently into mixture in bowl until dough holdstogether and is almost smooth. If dough isvery sticky, add more flour by tablespoonfuls.Turn dough out onto floured surface; kneadgently but briefly just until smooth. Dividedough into 8 equal pieces.
- ☐ Line 2 large rimmed baking sheets withparchment.

- ☐ Sprinkle parchment lightly with flour. Working with 1 dough piece at a time, roll dough out on floured surface to about 1/2-inch-thick rope.
- ☐ Cut rope crosswise into 3/4-inch pieces. Working with 1 piece at a time, roll gnocchi along back of fork tines dipped in flour, making ridges on 1 side.
- ☐ Transfer gnocchi to baking sheets. Repeat with remaining dough. Cover loosely with plastic wrap and chill at least 1 hour. DO AHEAD: Can be made 6 hours ahead. Keep chilled.
- ☐ Working in 2 batches, cook gnocchi in large pot of boiling salted water until very tender, 15 to 17 minutes (gnocchi will float to surface but may come to surface before being fully cooked). Using slotted spoon, transfer gnocchi to same parchment-lined baking sheets. Cool. DO AHEAD: Can be made 8 hours ahead. Cover loosely and chill.
- ☐ Cook butter in heavy large skillet over medium heat just until golden, stirring often, 3 to 4 minutes.
- ☐ Add sage; stir 1 minute.
- ☐ Add gnocchi; cook until heated through and coated with butter, 5 to 7 minutes. Season with salt and pepper.
- ☐ Transfer to bowl.
- ☐ Sprinkle with 1/4 cup
- ☐ Parmesan.
- ☐ Serve with additional Parmesan.
- ☐ With the dumplings, pour the
- ☐ Bastianich 2008 Vespa Bianco (Italy, \$38), a white wine with wildflower and citrus notes.

Nutrition Facts



Properties

Glycemic Index: 46.63, Glycemic Load: 28.29, Inflammation Score: -10, Nutrition Score: 27.429999921633%

Nutrients (% of daily need)

Calories: 564.15kcal (28.21%), Fat: 31.13g (47.89%), Saturated Fat: 17.17g (107.29%), Carbohydrates: 52.83g (17.61%), Net Carbohydrates: 49.35g (17.95%), Sugar: 2.33g (2.59%), Cholesterol: 108.65mg (36.22%), Sodium: 1271.61mg (55.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.64g (39.28%), Copper: 6.26mg (312.82%), Vitamin

A: 8922.57IU (178.45%), Calcium: 448.33mg (44.83%), Selenium: 30.6µg (43.71%), Phosphorus: 387.8mg (38.78%), Manganese: 0.74mg (37.17%), Vitamin B1: 0.43mg (28.78%), Folate: 102.48µg (25.62%), Vitamin B2: 0.41mg (23.99%), Vitamin C: 19.12mg (23.18%), Vitamin B6: 0.38mg (18.9%), Vitamin B3: 3.7mg (18.5%), Potassium: 646.17mg (18.46%), Iron: 3.3mg (18.36%), Zinc: 2.55mg (16.98%), Magnesium: 67.34mg (16.84%), Vitamin E: 2.2mg (14.64%), Fiber: 3.48g (13.92%), Vitamin B12: 0.68µg (11.33%), Vitamin B5: 0.92mg (9.19%), Vitamin K: 5.44µg (5.18%), Vitamin D: 0.38µg (2.53%)