



WHATSheATE



Swiss Chard Ricotta Gnudi with Fall Mushrooms

READY IN



45 min.

SERVINGS



6

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup all purpose flour plus additional for shaping dumplings
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 6 servings coarse kosher salt
- ☐ 1 large eggs
- ☐ 6 cups low-salt chicken broth
- ☐ 1 pound mushrooms wild assorted trimmed thinly sliced (such as shiitake, chanterelle, and crimini)
- ☐ 0.1 teaspoon nutmeg freshly grated
- ☐ 3 tablespoons olive oil extra-virgin divided

- ☐ 1.5 ounces parmesan cheese plus additional grated for serving
- ☐ 0.3 cup shallots coarsely chopped (1 large)
- ☐ 2 shallots sliced
- ☐ 1 cup whole-milk ricotta cheese
- ☐ 1 pound swiss chard ends trimmed
- ☐ 6 tablespoons butter unsalted chilled divided cut into 6 pieces, ()

Equipment

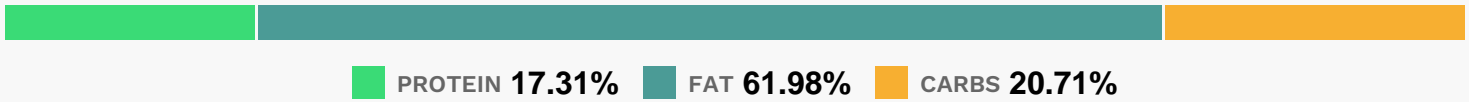
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ slotted spoon

Directions

- ☐ Cut chard leaves from each side of center stem.
- ☐ Cut stems into matchstick size strips. Cover and refrigerate stems; reserve for sauce.
- ☐ Cook chard leaves in large pot of boiling salted water until tender, about 3 minutes.
- ☐ Drain; cool. Squeeze chard leaves until very dry; place in processor. Using on/off turns, finely chop chard.
- ☐ Add ricotta, 1/2 cup Parmesan, shallot, egg, coarse salt, pepper, and nutmeg; process to blend.
- ☐ Transfer mixture to medium bowl.
- ☐ Add 1/2 cup flour; stir to blend. Cover and refrigerate dough overnight.
- ☐ Bring chicken broth, sliced shallots, and mushroom stems to boil in large saucepan. Reduce heat to medium and simmer until mixture is reduced to 3 cups, 35 to 40 minutes. Strain. Return broth to saucepan; discard solids in strainer. DO AHEAD: Can be made 1 day ahead. Cover and chill. Rewarm before continuing. Melt 2 tablespoons butter with 2 tablespoons oil in

- heavy large skillet overmedium-high heat; add sliced mushroomcaps.
- ☐ Sprinkle with salt and pepper; sautéuntil mushrooms are tender and browned,8 to 10 minutes.
 - ☐ Transfer to bowl.
 - ☐ Heatremaining 1 tablespoon oil in same skilletover medium heat.
 - ☐ Add reserved thinlysliced chard stems and sauté until tender,6 to 8 minutes. do ahead
Mushrooms andchard stems can be prepared 2 hours ahead.
 - ☐ Let stand at room temperature.
 - ☐ Line rimmed baking sheet withparchment paper. Spoon some flour ontolarge plate. Working in
batches, dropheaping teaspoonfuls gnudi dough (size ofsmall walnuts) onto plate with flour to
formabout 36 gnudi. Using floured hands, gentlyshape each into 1 1/2-inch-long, 1/2-inch-
thickoval. Tap off excess flour; transfer gnudi toprepared baking sheet. do ahead Can be made
2 hours ahead. Cover and chill.Bring large wide pot of salted water toboil. Slide gnudi into pot;
cook until tender,stirring occasionally, about 10 minutes.Meanwhile, whisk remaining
4tablespoons butter into hot broth. Seasonbroth to taste with salt and pepper. Coverto keep
warm.
 - ☐ Divide mushrooms and chard stemsamong 6 bowls.
 - ☐ Add broth, dividing equally(about 1/2 cup each). Using slotted spoon,divide gnudi among
bowls.
 - ☐ Sprinkle with
 - ☐ Parmesan and serve immediately.
 - ☐ Fruityand earthy Michele Chiarlo 2006 "Le Orme"Barbera d'Asti Superiore, Italy (\$11).
 - ☐ Tough gnudi? Tryboiling the dumplings longer; the flour hasto cook before they'll be tender.

Nutrition Facts



Properties

Glycemic Index:54.67, Glycemic Load:7.92, Inflammation Score:-10, Nutrition Score:27.036087139793%

Flavonoids

Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Kaempferol: 4.38mg, Kaempferol: 4.38mg, Kaempferol: 4.38mg, Kaempferol: 4.38mg Myricetin: 2.34mg, Myricetin: 2.34mg, Myricetin: 2.34mg, Myricetin: 2.34mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 396.13kcal (19.81%), Fat: 28.46g (43.78%), Saturated Fat: 13.46g (84.12%), Carbohydrates: 21.41g (7.14%), Net Carbohydrates: 18.55g (6.74%), Sugar: 4.26g (4.74%), Cholesterol: 88.35mg (29.45%), Sodium: 604.07mg (26.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.88g (35.76%), Vitamin K: 633.58µg (603.41%), Vitamin A: 5264.94IU (105.3%), Vitamin B2: 0.65mg (37.99%), Vitamin B3: 6.98mg (34.89%), Selenium: 22.64µg (32.34%), Phosphorus: 323.08mg (32.31%), Vitamin C: 25.72mg (31.18%), Copper: 0.55mg (27.43%), Potassium: 874.45mg (24.98%), Manganese: 0.46mg (23.01%), Calcium: 215.43mg (21.54%), Magnesium: 85.04mg (21.26%), Vitamin E: 2.95mg (19.68%), Iron: 3.32mg (18.47%), Vitamin B5: 1.62mg (16.16%), Folate: 58.45µg (14.61%), Vitamin B6: 0.28mg (14.14%), Vitamin B1: 0.2mg (13.05%), Zinc: 1.96mg (13.04%), Fiber: 2.86g (11.43%), Vitamin B12: 0.6µg (10.01%), Vitamin D: 0.65µg (4.31%)