

Sweet Potato Gnocchi



Servings: 3

3 medium sweet potatoes

3 1/2 cups all-purpose flour

1 teaspoon salt

Pre heat the oven to 350°F. Poke a few holes in your sweet potatoes with a fork. Bake the sweet potatoes in a tray lined with parchment paper for 1 hour or until tender. Set aside and let cool enough that you can handle the sweet potatoes easily.

In a bowl combine 2 cups of all-purpose flour and salt. Make a well in the middle of the flour.

Once the sweet potatoes are cool enough to handle remove the skins and place them one at a time into a potato ricer. Rice the sweet potatoes right on top of the flour.

Once the sweet potatoes have been riced begin working the sweet potato into the flour. Continue working the dough until fully combined. (You don't want the dough to be sticky so keep adding all-purpose flour until you get a nice dry dough.)

Once the dough is fully combined roll the dough into a ball and cut into 8 even pieces. Roll each piece into a long rope about 1/2-inch thick. Cut pieces of gnocchi into 1-inch pieces. Gently toss each piece lightly in flour.

Heat a pot of water to a boil. Add gnocchi and let cook for 2-3 minutes. Once the gnocchi float to the surface of the water they are done.

Remove the gnocchi with a slotted spoon and add to a large skillet set over medium-high heat. Sauté until the gnocchi is golden about 5-6 minutes.

Serve the gnocchi tossed in your favorite tomato sauce.

Per Serving (excluding unknown items): 643 Calories; 1g Fat (2.1% calories from fat); 17g Protein; 137g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 846mg Sodium; 6g Total Sugars; 0mcg Vitamin D; 61mg Calcium; 8mg Iron; 594mg Potassium; 219mg Phosphorus. Exchanges: .