



Garlic Sage Sweet Potato Gnocchi with Rapini & Kale

Gnocchi

- 1lb sweet potatoes (*lightly oiled with vegetable oil*)
- 1 cup skim milk Ricotta cheese
- ¼ cup Parmesan cheese finely grated
- 1 tsp Kosher Salt
- 1 cup Flour (more for dusting)

Sauce and Vegetables

- 3 cups finely chopped Rapini
- 2 cups chopped Kale
- 4 tbsp vegetable oil
- 1/4 cup whole milk
- 2 cloves Garlic
- 6 Sage Leaves
- 1/2 tsp kosher salt
- 1/4 cup Parmesan cheese finely grated **reserve a few big curls cut with a vegetable peeler for garnish*

Preparation (Serves 10)

1. *For the Gnocchi* - pierce the sweet potato a few times with a fork, lightly oil the skin and bake until soft, about 1 hour at 375°F. **For convenience you may microwave or steam the sweet potato, which will take about 7 minutes but will take away from the overall depth of flavor in the finished dish.*
2. Remove the skin and place the flesh of the potato into a mixing bowl. Combine with the ricotta, parmesan, and salt and mix until smooth. Add the flour a little at a time, do not to over mix. Place the dough on a floured workspace, roll into ½ inch thick ropes. Chop ropes into ½ inch long pieces, transfer to a bowl.

3. Bring a large pot of water to boil, gently add the gnocchi and boil until they float. Drain and toss gently with a little olive oil to prevent sticking. Now you may continue the recipe or freeze the gnocchi until you are ready to use.
4. *For the Rapini* - Bring a large pot of water to boil and prepare a bowl with ice water. Add the rapini to the boiling water and cook for 1 minute. Drain and transfer to the ice water to cool and stop the rapini from cooking further. Thoroughly drain again and set aside.
5. *Completing the Dish* - Heat the oil in a large skillet over medium high heat until lightly bubbling. Add the gnocchi and pan-fry until golden brown on the outside. Once the gnocchi are done, add the rapini, kale, garlic, sage, and salt and pan-fry until the kale is wilted and the garlic and sage have begun to become aromatic. Remove from heat and let cool slightly so the oil thickens just a little. Add the milk to the pan along with the parmesan cheese. Toss gently a few times to combine so the sauce coats the gnocchi. Serve immediately with salt, pepper and a squeeze of lemon. Garnish with a parmesan curl and fresh sage.

Nutrition Facts (1/2 c): Cal=200.5 Kcal; Fat= 9.1g; Sat Fat= 2.5g; Mono Fat= 4.2g; Chol= 11.3 mg; Pro= 7.2g; Carb= 22.7g; Sodium= 306.2 mg; Potassium= 98.6 mg; Fiber=2.3 g; Sugar= 2.3 g