

ROASTED BUTTERNUT SQUASH WITH RICOTTA GNOCCHI

Makes 6 servings

Ingredients

2 tablespoons olive oil
4 cups peeled and diced butternut squash
1½ teaspoons butter
1 cup chicken stock, hot

PER SERVING: 463 CALORIES, 18 G PROTEIN, 26 G CARBOHYDRATES, 2 G FIBER, 31 G TOTAL FAT (13 G SATURATED FAT), 698 MG SODIUM, 105 MG CHOLESTEROL

1 tablespoon thinly sliced sage leaves
¼ teaspoon kosher salt
¼ teaspoon freshly ground black pepper
1½ cups grated Parmesan cheese
1½ teaspoons finely chopped parsley
¼ cup toasted pumpkin seeds

Gnocchi

1¼ cups ricotta
¾ cup plus 1 tablespoon all-purpose flour, sifted
1 egg
3 tablespoons olive oil
¾ teaspoon kosher salt

Instructions

Place 2 tablespoons olive oil in a small roasting pan and add squash. Roast in a 400-degree oven until the squash softens, about 20 minutes. Remove squash from pan and set aside.

To prepare gnocchi, place ricotta, flour, egg, 3 tablespoons olive oil and ¾ teaspoon salt in the bowl of a food processor. Process until the ingredients form a smooth dough, about 30 seconds. Transfer dough to a bowl.

Bring a large pot of salted water to a boil over high heat. Using two teaspoons, shape the dough into gnocchi dumplings. Slip the gnocchi into the boiling water a few at a time. They will float to the surface. Once they're floating, allow them to continue cooking until done, about 2 to 3 minutes. Use a slotted spoon to carefully transfer gnocchi to a bowl.

Add the butter to a medium sauté pan over medium heat. Add the roasted squash, gnocchi and stock. Cook until heated through, 1 to 2 minutes. Remove from heat, add the sage, and season with salt and pepper.

Serve gnocchi and squash in bowls, garnished with Parmesan, parsley and pumpkin seeds.

