

# Potato Gnocchi

(nyo-key)

*Allergy info: Contains gluten,  
optional ingredient includes dairy*

## Ingredients:

1 lb Russet potatoes  
Spinach, steamed and minced  
(optional) 10 oz. fresh or 5 oz.  
frozen

1 cup all purpose flour, plus  
extra for dusting\*

Pinch nutmeg

Salt and pepper

Oil or butter to prevent  
sticking

Serve with your favorite  
sauce! Garlic and oil, butter  
and Parmesan, marinara,  
pesto - SO many ways to enjoy  
this fun and easy dish!

## Instructions:

1. Bring a pot of salted water to boil.
2. Add cut, peeled potatoes and simmer until tender, about 45 minutes.
3. Remove potatoes from water.
4. Bring a fresh pot of salted water to a boil.
5. Sprinkle the potatoes with nutmeg, salt and pepper, and using a potato masher or fork, mash them into a uniform consistency.
6. If using spinach, squeeze well to drain and gently stir into potatoes to incorporate.
7. Add  $\frac{1}{2}$  cup flour and mix, gradually adding more until a workable dough is formed.
8. Pinch a small piece of dough and add to boiling water to see if it maintains its shape. If not, add a bit more flour and test again.
9. When dough holds, roll into a snake and cut 1" long pieces. Shape as desired, and place separately on wax paper.
10. Lower gnocchi ~12 at a time into boiling water.
11. When they rise to the surface, cook for an additional 10-20 seconds and then, using a slotted spoon, remove to a platter or bowl.
12. Drizzle cooked gnocchi with olive oil or butter to prevent them from sticking.

## This spud's for you!

Potatoes are a great source of potassium, vitamins B6 and C, and are a good source of fiber. Potatoes were discovered in Peru, then made their way to Spain, and then Ireland before finally coming to the new world.

Not all food cousins look alike! Did you know that potatoes, peppers, tomatoes, and eggplants are all related?

### Fun Facts:

- In 1995, potatoes became the first vegetable grown in space.
- During the Alaskan Gold Rush, potatoes were worth their weight in gold for their Vitamin C.



### Today We:

- Learned how to hide veggies in plain sight.
- Made a pasta with extra nutrients.
- Got messy!



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