

## Sweet Potato Gnocchi Recipe

### Ingredients:

- 2 medium sweet potatoes (about 1 pound)
- 1 ½ cups all-purpose flour (plus extra for dusting)
- 1 egg, beaten
- 1 teaspoon salt
- ½ teaspoon ground nutmeg (optional)
- Freshly ground black pepper, to taste
- 2 tablespoons unsalted butter (for cooking)
- 2 tablespoons fresh sage leaves (optional, for garnish)

### Instructions:

1. **Prepare the Sweet Potatoes:** Preheat the oven to 400°F (200°C). Pierce the sweet potatoes a few times with a fork and place them on a baking sheet. Bake for 45-50 minutes or until tender. Alternatively, you can microwave them for about 10 minutes until soft.
2. **Mash the Sweet Potatoes:** Once the sweet potatoes are cool enough to handle, peel them and mash the flesh until smooth. You should have about 1 ½ cups of mashed sweet potato. Let it cool slightly before moving on.
3. **Make the Dough:** On a clean, lightly floured surface, combine the mashed sweet potato, egg, salt, nutmeg, and pepper. Gradually add the flour, mixing with your hands until a soft dough forms. Add flour as needed until the dough is smooth and not sticky, but be careful not to overwork it.
4. **Shape the Gnocchi:** Divide the dough into 4 portions. Roll each portion into a long rope about ¾-inch in diameter. Cut the ropes into 1-inch pieces. For a traditional look, roll each piece over the tines of a fork to create small ridges.
5. **Cook the Gnocchi:** Bring a large pot of salted water to a boil. Carefully drop the gnocchi into the water in batches. When they float to the surface (about 2-3 minutes), they're ready to remove. Use a slotted spoon to transfer them to a plate.
6. **Sauté in Butter:** In a large skillet, melt the butter over medium heat. Add the cooked gnocchi and sauté until golden and slightly crispy on the edges, about 3-5 minutes. If

using, add the sage leaves in the last minute of cooking, allowing them to crisp up in the butter.

7. **Serve:** Transfer the gnocchi to a serving dish. You can drizzle more melted butter on top or serve with Parmesan cheese and a sprinkle of fresh herbs if desired.

**Nutritional Breakdown (per serving, based on 4 servings):**

- **Calories:** 250 kcal
- **Protein:** 5g
- **Carbs:** 45g
- **Fat:** 8g (mainly from the butter)
- **Fiber:** 5g
- **Sugar:** 8g (natural sugars from the sweet potato)