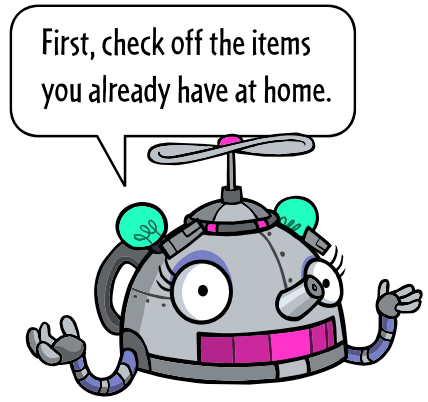
SHOPPING LIST

Potato Gnocchi with Butternut Squash and Sage

- Potato Gnocchi
- Extra-Virgin Olive Oil
- Butternut Squash
- Kosher Salt
- Unsalted Butter
- Garlic
- Sage Leaves
- Shallot
- Black Pepper
- Parmesan Cheese



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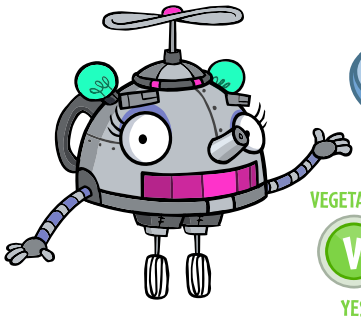
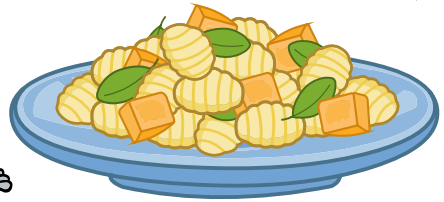
DINNER

Fizzy's Lunch Lab

Potato Gnocchi





VEGETARIAN	TIME	DIFFICULTY	SERVES
V		M	4
YES	Under an hour	Medium	

YOU WILL NEED

- **1 pound** potato gnocchi
- **1 tablespoon** extra-virgin olive oil
- **2 cups** (½-inch) diced butternut squash x 2
- **½ teaspoon** kosher salt
- **2 tablespoons** unsalted butter
- **3** garlic cloves, peeled and sliced thin
- **15** sage leaves x 15
- **1** medium shallot, minced (about 3 tablespoons)
- **¼ teaspoon** black pepper
- **¼ cup** shredded parmesan cheese

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

STEP 1: Cook the gnocchi according to the package directions. Reserve 1/2 cup gnocchi cooking water, and drain. Set aside.

STEP 2: Meanwhile, heat the oil in a 12-inch nonstick skillet over medium heat until hot. Add the squash and salt and cook, stirring occasionally, until tender and browned, about 10 minutes. Increase the heat to medium-high, and add the butter, garlic and sage and cook until the foaming subsides, 1 to 2 minutes.

STEP 3: Add the gnocchi, reserved cooking water, shallot and pepper, and stir until thoroughly combined. Transfer to large serving bowl. Sprinkle with the parmesan, and serve.

Nutrition Facts

Serving Size 1 serving (227g)
Servings Per Container

Amount Per Serving	
Calories 390	Calories from Fat 120
	% Daily Value*
Total Fat 13g	**20%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 870mg	**36%**
Total Carbohydrate 59g	**20%**
Dietary Fiber 4g	**16%**
Sugars 9g	
Protein 12g	

Vitamin A 150% • Vitamin C 30%
Calcium 15% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4