

# WHOLE WHEAT POTATO GNOCCHI WITH SPINACH, GARLIC, AND SWEET POTATOES



**DIFFICULTY**  
EASY



**TIME**  
75 MIN



**SERVES**  
4

## INGREDIENTS

2 pounds russet potatoes, peeled and cut into 1" cubes  
1 tsp sea salt, divided, plus more to taste  
1 Tbsp ground flax seed  
3 Tbsp water  
1 Cup white whole wheat flour plus more for dusting  
½ tsp black pepper  
1/8 tsp ground nutmeg  
2 tbsp olive oil  
1 lbs assorted sliced mushrooms such as cremini, oyster and/or shiitake  
3 cloves garlic (3 tsp) minced  
1 tbsp water  
2 Tbsp Dry white wine, divided  
1 Tbsp Miso Paste  
2 cups diced and cooked sweet potato, butternut squash or other yellow squash. You can use frozen and defrosted squash as well  
4 cups spinach leaves  
4 sage leaves, minced  
Crushed Red Pepper  
VEBA Pesto Sauce or Prepared Pesto

## NUTRITION FACTS PER SERVING

Calories: 477    Fat: 9.4g (Saturated Fat: 1.3g)    Carbohydrates: 86.7g    Fiber: 15.1g    Sugar: 13.3g    Protein: 16.7g

## DIRECTIONS

1. In a large pot, place the potato pieces and cover with water. Add ½ tsp of the sea salt. Simmer for 15-20 minutes or until the potatoes are tender. Drain the potatoes and then return to the pot. Cook over low, stirring constantly, until the potatoes seem dry. Remove from the pan and cool to at least room temperature
2. While the potatoes are cooking, combine the ground flax seed and 3 Tbsp of water in a small bowl and let it stand for 15 minutes, or until a soft gel forms. In another bowl, combine the flour, salt, pepper, nutmeg and baking powder.
3. Press the cooled potatoes through a ricer or food processor or you can gently mash with a fork. Sprinkle over the flour mixture and lightly toss together. Gently add in the flax seed mixture and combine. Turn the gnocchi dough onto a lightly floured surface. Divide the dough into 4 portions and lightly roll out into a rope about ¾ inch thick. Cut into 1/2 -inch pieces and toss onto a lightly floured rimmed baking sheet. You can create indentations to hold any sauce by lightly pressing a floured fork into the gnocchi
4. Bring a large pot of water with ½ tsp salt to a boil. Add about ½ of the gnocchi and cook until it floats. Remove with slotted spoon and transfer to a clean pan or shallow dish. Toss lightly with olive oil and keep until ready to use. These can be made a day in advance
5. To prepare the mushrooms, heat 1 Tbsp olive oil in large pan. Add the mushrooms and sear until lightly browned and softened. Mix 1 Tbsp of wine with 1 Tbsp miso paste. Deglaze the pan with the remaining white wine and cook until the wine is almost gone. Add the miso paste mixture, followed by the garlic. Add the sweet potato or squash and heat. Add spinach and sage and lightly wilt the spinach. Top with red chili flakes and prepared pesto



CALIFORNIA SCHOOLS  
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