

Beet Gnocchi with Spinach Parmesan sauce



Ingredients

½ lb. beets, washed, boiled, peeled, pureed
1 large russet potato, washed, boiled, peeled, put through ricer or food mill
2 tbsp olive oil
¾ cup flour
Salt and pepper

SAUCE

2 tbsp unsalted butter
1 clove garlic, minced
2 tbsp flour
1 ¼ c milk
3 c spinach, washed, chopped
½ c parmesan, grated
Salt and pepper

Directions

Mix potato and beets, add ½ tsp salt and ¼ tsp pepper. Sprinkle ¼ c flour on cleaned surface, add potato mixture, knead, adding additional flour until dough is soft and pliable. Working with ½ of the dough, roll into long even rope about ½ in thick. Cut into ½ in. lengths. Roll each piece along the tines of a fork. Lay out on wax paper. Cook in gently boiling water, a few at a time. They will float when cooked.

Sauce- melt butter in saucepan over medium heat, add garlic, sauté, whisk in flour cook 30 sec. slowly add milk whisking constantly until thick, add spinach stir, off heat add Parmesan

Nutritional Information

Calories per serving 250
Total Fat 7g
 Saturated Fat 1g
Cholesterol 0
Sodium 633mg
Total Carbohydrates 41g
 Dietary Fiber 4.6g
Protein 5g

Servings 4