

## Sweet Potato Gnocchi with Garlic Butter Sauce

<https://www.eminencenutrition.com/sweet-potato-gnocchi>



### Ingredients:

- 2 Medium sweet potatoes, peeled and diced (about 2 cups mashed)
- ½ cup Whole milk ricotta
- 1 Egg
- 2 cups All-purpose flour
- 1 tsp. Salt
- ¼ cup Butter
- 4 Garlic cloves, minced
- To taste Fresh herbs like thyme and rosemary (optional)

### Directions:

1. Add the diced potatoes to a pot of boiling water and cook until easily pierced with fork. Drain water and rinse them under cold water to cool them down. Mash the potatoes until smooth.
2. Start a new pot of boiling water.
3. In a large bowl, mix together the mashed sweet potatoes, ricotta cheese and egg. In a separate bowl, mix together the salt and flour. Pour the dry ingredients into the wet ingredients and stir the mixture until just combined. If the dough seems wet, add a tablespoon of flour at a time, until it can be formed into a ball. The dough should be sticky.
4. Generously flour a clean counter and scrape the dough out onto it. Cut the dough into four equal pieces. Working with one piece of dough at a time, roll the dough into a rope about 1 inch thick and cut into bite size pieces. Boil the gnocchi until they float to the top (about 3 min). Repeat this process with the other 3 dough pieces.
  - a. So unless you plan on eating all the gnocchi move on to the next step, but I like to put majority of the cooked gnocchi in containers in the fridge and then when it's time to eat it I'll quickly fry them so its nice and fresh. In this case, fry the gnocchi in much less butter.
5. Heat the butter in a large pan/skillet and add the sweet potato gnocchi. Add the minced garlic and fry until desired crispiness.
6. Garnish with fresh herbs like thyme and rosemary.
7. Enjoy 😊