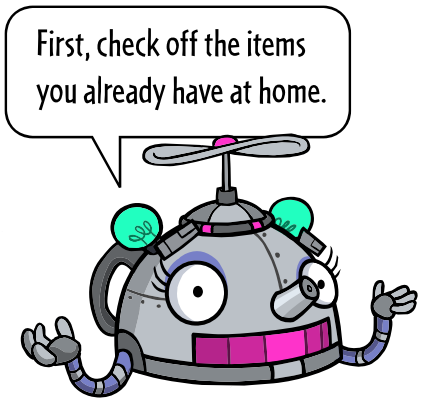
## SHOPPING LIST

### 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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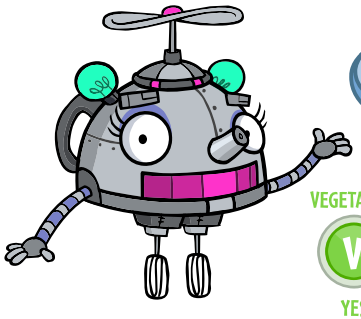
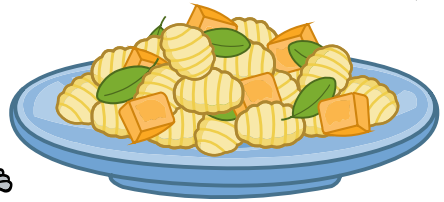
# DINNER

PBS KIDS GO!

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