



NUTRITION CONSULTING INC.

Kid Craze Gnocchi

Parents, caregivers and kids will enjoy making and eating these delicious Italian potato noodles! Cooking with kids is a great way to connect, have fun and teach them lifelong important skills.

Makes 4 Servings

What you need:

1 pound (450 grams) Russet potatoes
Salt and pepper to taste
About 1 cup (130 grams) all-purpose flour,
plus more as needed

How you prepare:

1. Peel potatoes and boil in a large pot with salted water until soft.
2. Mash potatoes with a fork or potato masher along with some salt and pepper. Add about 1/2 cup of flour and stir. Add more flour until the mixture forms a dough. *Add the least amount of flour and knead as little as possible for the best fluffiest gnocchi.
3. Roll a piece of the dough into a long snake about 1/2 an inch thick. Use flour as needed (but minimally) to prevent sticking.
4. Cut the dough into approximately 1-inch pieces and roll each piece off the back of a fork to give it a characteristic ridged pattern.
5. Place on a baking sheet lined with wax paper and a little flour (do not allow them to touch).
6. Work in batches to cook by adding a few gnocchi at a time to boiling water. One minute after gnocchi rises to the top remove from water with a slotted spoon. Place in a bowl and serve with tomato sauce and parmesan cheese.



Per serving:

Calories 212
Carbohydrates 47 g
Protein 5 g
Fat 0.4 g
Fiber 1.0 g

Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit www.healthstandnutrition.com. Twitter @chocoholicRD.

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PHONE: (403) 262-3466 www.healthstandnutrition.com