

Lemon-Ricotta Gnocchi with Pesto

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 8 servings

Ingredients:

For the gnocchi

1 cup whole milk ricotta
½ cup Parmigiano Reggiano cheese, freshly grated,
plus extra for garnish
1 large egg yolk
1 teaspoon lemon zest, plus extra for garnish
1 teaspoon kosher salt, or ½ teaspoon table salt
2 teaspoons black pepper
½ cup all-purpose flour, sifted, plus more for dusting
¼ cup kamut flour (can substitute buckwheat flour)
1 tablespoon chopped parsley, plus extra for garnish
2 tablespoons olive oil

For the pesto:

3 cups fresh basil leaves
1 ½ cups pine nuts
4 cloves garlic, peeled
¼ cup parmesan cheese
1 cup olive oil
Salt and pepper, to taste

Method of Preparation:

For the gnocchi:

1. Combine ricotta, half cup Parmigiano Reggiano, yolk, one teaspoon lemon zest and salt in large bowl. Mix well. Sprinkle half of the flour onto the mixture, gently turn with spatula a few times to incorporate. Turn the mixture out onto a clean, lightly floured countertop.
2. Sprinkle remaining flour on top of the mixture. Gently knead with your fingertips, just bringing together the mixture until flour is incorporated through, about 1-2 minutes. (Any longer and you will be over-kneading).
3. Divide dough into 4 parts. Take one part and roll into a long, one-inch diameter log. Cut gnocchi into one-inch pieces.
4. Par boil gnocchi in a pot of salted boiled water for about two minutes. Remove the gnocchi and pat dry.
5. Heat skillet over medium-high heat. Add olive oil. When oil is hot, place the gnocchi into one single layer. Fry on one side for two minutes and then flip. Fry the other side for 1-2 minutes. Timing depends on the size of the gnocchi.
6. If serving with pesto sauce, you can toss the gnocchi with pesto sauce before serving, then top with sprinkle of lemon zest, Parmigiano-Reggiano cheese, and parsley.

For the pesto:

1. In a food processor, blend together basil, nuts, garlic and cheese. Then add oil slowly while continuing to blend.
2. Add salt and pepper to taste.
3. Toss pesto with pasta.
4. Serve with garnish as recommended.



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Nutritional Analysis:

Calories: 360
Carbohydrates: 8 g
Sodium: 460 mg
Protein: 11 g
Fat: 33 g
Fiber: 1 g