

Eye Healthy SWEET POTATO GNOCCHI

MAKES 2 DOZEN



SERVES 4-6

Carotenoids: betacarotene, lutein, and zeaxantin in Sweet Potato.

Get your kids in the kitchen! This recipe is a joyful way to inspire your children to be little chefs. The sweet potato boosts the nutrition in this classic Italian recipe and it's great for eye health. Make it a balanced meal by serving with roast chicken and steamed (or raw) veggies.

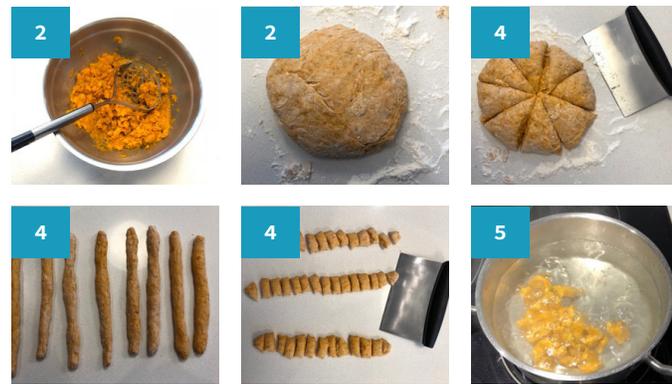
Carotenoids are powerful antioxidants essential for eye health. Our bodies turn betacarotene into Vitamin A. Vitamin A helps to protect the cornea (the surface of the eye) and allows us to see under conditions of low light. Lutein and zeaxantin prevent macular degeneration.



INGREDIENTS

- 1 (~454g) sweet potato
- 1 clove garlic, minced
- ½ tsp nutmeg
- ½ tsp salt
- 1 egg, beaten
- 2 cups all-purpose flour
- 1-2 tbs olive oil
- ¼ cup parmesan cheese (for garnish)

Freshly ground black pepper (optional)



METHOD

1. Preheat the oven to 375 degrees Fahrenheit. Wash and dry the sweet potato. Poke holes in the sweet potato using a fork. On a baking sheet lined with parchment paper, bake the sweet potato for ~60 minutes, or until soft to the touch. Remove from the oven and set aside to cool.
2. Once sweet potato is cool, remove and discard the peel. Add the sweet potato flesh to a medium bowl and mash. Add the garlic, salt, nutmeg, and egg and mix until well combined. Add the flour a little at a time (~½ cup at a time) and mix well until you have a soft dough. Use more or less flour as needed. Dough is just right when it is not too sticky and not too dry.
3. Bring a large pot of water to a boil. While you wait for the water to boil; make the gnocchi. Making the gnocchi will be your children's favourite part!
4. On a floured surface separate dough into 8 parts. Roll each part out into a long snake and cut into ~1 inch x ½ inch pieces. The dough cuts easily. You could use a clean recycled plastic gift card for cutting (or clean play-doh tools).
5. Carefully drop the pieces into boiling water, stirring occasionally. Cook for 5-6 minutes or until they float to the surface. Remove gnocchi with a slotted spoon. Toss with olive oil. Sprinkle with parmesan cheese and freshly ground black pepper (optional). Enjoy!