



3. The sweet potato mixture, after adding egg, Parmesan cheese and flour.

Photos by Hailey Hoffman/The Astorian



4. The kneaded dough.



5. The dough should be sliced into 1/2-inch pieces.

Continued from Page 8

Steps:

Poke holes into the sweet potato. Bake the sweet potato in the oven (about 15 to 30 minutes at 425 degrees Fahrenheit) or heat in the microwave (about 6 to 10 minutes) until soft.

Let the potato cool until safe to touch. Remove all potato skin. Mash the potato until smooth.

Add egg, Parmesan cheese and flour. Mix the ingredients together. Knead until

the dough is firm and doesn't stick to your hands. You may need to add more flour depending on how much sweet potato you use.

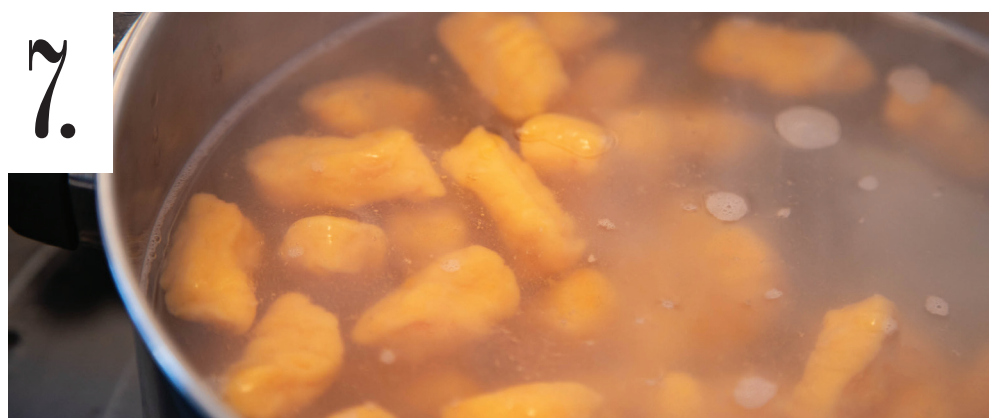
Form dough into a ball and divide into four sections. Take the sections and roll into one-inch ropes. Using a sharp knife, slice into 1/2-inch pieces.

Optional step: roll the gnocchi chunks along the back of a fork to create a small, ridged design.

Add gnocchi to a pot of boiling water. Gnocchi are done when they float to the



6. The dough, after being rolled along a fork to create a small, ridged design.



7. When ready, the gnocchi float to the surface of a pot of boiling water.



8. The last major step of the recipe calls for cooking the gnocchi in a pan.

surface after about two to three minutes. Drain the gnocchi after all the pieces have floated to the surface.

In another pan, melt the butter. Add the sage leaves. Cook the mixture until the butter begins to brown and gives off a nutty aroma.

Toss the gnocchi into the pan and cook until the sides are golden brown and crispier.

Remove from heat and top with Parmesan cheese.

Notes:

This dish serves at least two, depending on how hungry you are and how much sweet potato was used.

Be sure to use vegetarian Parmesan cheese to make the dish fully vegetarian. If you are vegan, try using a flax egg. To make a flax egg, mix 1 tablespoon seed and 3 tablespoons of water. Let the mixture sit for about five minutes so it can thicken.

Once the mixture has combined, add to the dish as you would a regular egg.