

Entrees

Sweet Potato Gnocchi with Creamy Mushroom Sauce

Classic sweet potato, nutmeg, and sage flavors taste like fall to me, but that's no reason you can't enjoy this rich, comforting dish year-round, or at least whenever you want to indulge yourself the healthy way. Sweet potatoes are a wonderful source of resistant starch, much like the tubers that help naked mole rats live such long and healthy lives.

Serves 4

FOR THE GNOCCHI:

- 1 pound peeled sweet potato or yam, cut into large chunks (about 1 large sweet potato)
- 1 large omega-3 egg or egg substitute, such as Bob's Red Mill Vegetarian Egg Replacer
- 1½ cups cassava flour (do not use tapioca flour as a substitute)
- ½ teaspoon sea salt
- ½ teaspoon grated fresh nutmeg

FOR THE SAUCE:

- 1 tablespoon coconut oil or grass-fed European butter
- 12 ounces mushrooms (shiitake, portabella, cremini, oyster, or white button), diced
- 1 clove garlic, minced
- 1 teaspoon minced fresh thyme
- 1¼ cups unsweetened coconut milk
- Juice and zest of ½ lemon
- 1 tablespoon minced fresh parsley

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¼ cup grated Parmesan cheese or nutritional yeast
½ teaspoon iodized sea salt or more to taste
½ teaspoon fresh black pepper

MAKE THE GNOCCHI: Place the sweet potatoes in a large pot and cover with water. Bring to a boil, then reduce to a simmer. Cover and cook 15 to 20 minutes, or until tender.

Remove from heat and let cool to room temperature, then drain, transfer to a large bowl, and mash with a potato masher until smooth.

Double-check that the sweet potato mash is cool (so you don't cook the egg), then add the egg, 1 cup of the cassava flour, and the salt and nutmeg to the mixture.

With clean hands, knead until a smooth dough is formed, adding the remaining flour as needed to form a dough that's neither sticky nor crumbly.

Bring a large pot of salted water to a boil.

While waiting for the water to boil, roll chunks of dough into long snakes, about the width of your thumb. Cut each snake into 1-inch pieces (about the length from the tip of your thumb to the first knuckle). Shape the gnocchi by either rolling each piece down the back of a fork or using your thumb to make a shallow indentation in each piece.

When the water boils, slide the gnocchi one by one into the water using a slotted spoon. When they float to the surface, remove them with the slotted spoon and store in a covered dish to keep warm.

If you have more gnocchi than you intend to serve immediately, spread them on a parchment-lined sheet pan once cooked. Allow to cool before transferring to a freezer. Freeze on the sheet pan; then, when solid, transfer to a zip-top bag to store.

MAKE THE SAUCE: In a large saucepan, heat the oil or butter over medium-high heat.

Add the mushrooms and cook, stirring frequently, for 3 to 5 minutes, or until the mushrooms are fragrant and tender.

Add the garlic and thyme and cook an additional minute, until the garlic is tender.

Pour the coconut milk into the pan along with the lemon juice and zest and cook, stirring frequently, until the coconut milk thickens, about 8 to 10 minutes.

Add the parsley, Parmesan, salt, and pepper. Stir until the cheese melts, then transfer the gnocchi to the sauce.

Cook an additional 2 to 3 minutes before serving.