



# Pumpkin Gnocchi

*By On Top of the World Chefs*

*Ingredients:*

*6 Servings*

- 1/2 cup pumpkin
- 1/2 cup butternut squash
- 1 1/2 cup all purpose or potato flour
- 1/2 teaspoon nutmeg
- 4 oz salted butter
- 4 oz Parmesan cheese, grated finely



Directions: In a food processor add pumpkin and squash and remaining ingredients and blend until a ball forms. If it is too wet add a little more flour. Put dough on a cutting board or clean surface and knead into a ball. Then cut into workable pieces rolling out into a snake. Cut dough into even pieces on a bias to make oval balls. Drop dumplings into boiling water and cook until they float to the top. Serve in melted hot butter with generous sprinkles of Parmesan cheese.



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Amount Per Serving	
<b>Calories</b>	301.8
<b>Total Fat</b>	18.3 g
Saturated Fat	11.4 g
Polyunsaturated Fat	0.8 g
Monounsaturated Fat	4.7 mg
<b>Cholesterol</b>	47.3 mg
<b>Sodium</b>	266.4 mg
<b>Potassium</b>	96.1 mg
<b>Total Carbohydrate</b>	27.6 g
Dietary Fiber	2.2 g
Sugars	0.8 g
<b>Protein</b>	7.3 g