

Gnocchi with Sausage and Cabbage

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Servings: 4

*1/3 cup walnuts
Kosher salt
3 tablespoons unsalted butter
8 ounces mild Italian sausage, casings removed
1 small onion, chopped
1/2 small head (6 cups) green cabbage, cut into bite-size pieces
freshly ground pepper
1 package (17.5 ounce) potato gnocchi
1/3 cup grated parmesan cheese
1/4 cup fresh parsley, roughly chopped*

Preheat the oven to 350 degrees.

Spread the walnuts on a baking sheet. Bake until toasted, about 10 minutes. Finely chop.

Bring a large pot of salted water to a boil. Meanwhile, heat one tablespoon of butter in a large skillet over medium-high heat. Add the sausage. Cook, breaking up the meat with a wooden spoon, until well browned, 4 to 5 minutes. Remove the sausage to a bowl.

Add one more tablespoon of the butter to the skillet. Add the onion and cabbage. Cook, stirring, until the cabbage is wilted, about 5 minutes. Season with salt and pepper. Add one cup of hot water (from the pot) and cover with a skillet.

Reduce the heat to medium and simmer until the cabbage is tender, about 5 minutes. Uncover, increase the heat to medium-high and cook until the skillet is dry, 2 to 3 minutes. Stir in the sausage to reheat, about 1 minute. Keep warm on low heat.

Meanwhile, add the gnocchi to the boiling water and cook as the label directs. Using a slotted spoon, transfer the gnocchi directly to the skillet. Add one cup of cooking water and the remaining one tablespoon of butter. Increase the heat to medium-high and simmer until the sauce is thickened, 2 to 3 minutes, adding more cooking water as needed to loosen.

Divide the gnocchi among bowls. Top with the chopped walnuts, parmesan and parsley.

Per Serving (excluding unknown items): 181 Calories; 17g Fat (79.0% calories from fat); 6g Protein; 4g Carbohydrate; 1g Dietary Fiber; 28mg Cholesterol; 127mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 3 Fat.