

Gnocchi with Sausage & Savoy Cabbage

Gnocchi is a special type of pasta (typically made from potato, flour and egg) that dates back to 14th Century Italy. The small ridges on the gnocchi are great for picking up the lightly spicy sauce in this dish, delivering more flavor in every bite. You'll also be using savoy cabbage, a delicate, earthy variety with crinkly leaves and a delicious crunch. As always with fresh pasta, store it in the refrigerator until just before you're ready to cook.



Ingredients

8 Ounces Sweet Italian Sausage

8 Ounces Fresh Gnocchi

3 Cloves Garlic

1 Red Onion

10 Ounces Savoy Cabbage

Knick Knacks

1 Tablespoon Red Wine Vinegar

¼ Teaspoon Crushed Red Pepper Flakes

¼ Cup Grated Parmesan Cheese

Makes 2 Servings

About 600 Calories Per Serving

Cooking Time: 25 to 35 minutes



1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Peel and thinly slice the garlic and onion. Remove and discard the core of the cabbage; thinly slice the leaves. Remove the sausage from the casings and break it into small pieces; discard the casings.

2



Cook the sausage:

In a large pan (nonstick, if you have one), heat 1 teaspoon of olive oil on medium-high until hot. Add the **sausage** and cook, frequently breaking the meat apart with a spoon, 3 to 5 minutes, or until browned.

3



Add the aromatics:

To the pan of sausage, add the **onion**, **garlic** and **as much of the crushed red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until the onion has softened.

4



Add the cabbage:

Add the **cabbage** to the pan and season with salt and pepper. Cook, stirring occasionally, 6 to 8 minutes, or until the cabbage has wilted. Stir in the **red wine vinegar**.

5



Cook the gnocchi:

While the cabbage cooks, add the **gnocchi** to the pot of boiling water. Cook 2 to 3 minutes, or just until the gnocchi float to the top of the pot. Using a slotted spoon or strainer, transfer the **cooked gnocchi** directly to the pan of cabbage and sausage, reserving the pasta cooking water. Add **½ cup of reserved pasta water** and **all but a pinch of the Parmesan cheese** (save the rest for garnish) to the pan of pasta. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined; season with salt and pepper to taste. (If the sauce seems dry, slowly add up to an additional ¼ cup of reserved pasta water to achieve your desired consistency.)

6



Plate your dish:

Divide the **gnocchi and sauce** between 2 dishes. Garnish with the **remaining Parmesan cheese**. Enjoy!