

Pumpkin Gnocchi with Roast Chicken and Tomato Sauce

Serving size: 1

Serves: 6



CHICKEN

3 bone-in, skin-on chicken thighs

1 t. olive oil

Kosher salt and freshly ground black pepper

2 c. spaghetti sauce (Barilla Tomato & Basil recommended)

GNOCCHI

12 oz. yukon gold potatoes, peeled and diced (about 2 c.)

12 oz. roasted pumpkin chunks (about 2 c.)

1-1/2 c. flour

2 eggs, lightly beaten

Kosher salt



Preheat oven to 450° F. Spray an oven-safe dish with cooking spray. Coat hands with 1 t. olive oil and rub over the chicken. Sprinkle with salt and pepper. Place chicken in dish skin side up and cook for 30-40 minutes or until chicken reaches 165° F. Remove from oven, set aside for 10 minutes or until cool enough to handle. When chicken has cooled, remove the skin and bones and discard. With hands or fork, shred chicken into bit-sized pieces. In a medium-sized pan over low heat, combine the sauce and chicken and keep warm.

While chicken is roasting, fill a large pot with water over high heat to bring to a boil.

In a microwave-safe dish, add potatoes and cover with water. Microwave on high for 7-8 minutes or until potatoes are tender. Remove from water, rinse and set in a strainer to remove as much water as possible. When slightly cooled, pass the potatoes through a potato ricer, and add to a large bowl. Using the potato ricer, press as much liquid out of the pumpkin as possible. After the liquid has been removed, place on cutting board and chop finely. Add pumpkin to the potato, and mix well, trying to keep it as light as possible. Add flour, eggs, and salt and stir gently. Using hands, bring together until a dough forms and is pliable.

Lightly flour a work surface. Pull a piece of dough about the size of a racquetball. Gently roll into a tube that is about 3/4" thick. Using a knife, cut into one inch pieces. Place the gnocchi on a baking sheet covered in wax paper. Gently press with finger to create indent. Repeat until all the gnocchi have been formed.

In several batches, drop the gnocchi into boiling water. When they float to the top, about 2-3 minutes, remove with strainer and add to the warm sauce. Stir well to combine, then serve.

Estimated calories: 297 cal/serving