

out onto a lightly floured board. Knead for a few minutes, adding in enough of the remaining 1/2 cup of flour to keep it from sticking as you knead. Let the dough rest for 5-10 minutes. Divide dough in half and then divide each half into 4 pieces. Roll each piece into a snake about 10" long and about 1/2" in diameter. Cut the snake into about 1/2" pieces, making little "pillows". Place on a parchment lined sheet pan in a single layer. If refrigerating, cover with plastic wrap and store for up to 3 days. If freezing, place pan in freezer until gnocchi are frozen, about 25 minutes. Take off of pan and place in a plastic freezer bag. Store in freezer for up to 3 months. To cook, bring salted water to a boil. Add gnocchi and boil for 6-8 minutes (they should be floating and not have any raw dough inside). Drain and serve immediately, topped with Roasted Garlic Tomato Sauce and sprinkled with grated Parmesan cheese.

Roasted Garlic Tomato Sauce

- 2 tablespoons olive oil, divided
- 1/4 cup chopped poblano peppers
- 1/2 small yellow onion, minced
- 2 (14.5 ounce) cans peeled diced tomatoes, drained reserving juice
- 1/2 teaspoon dried oregano
- 1/4 cup dry red wine
- 8-10 cloves garlic, peeled
- 1/2 teaspoon salt, or to taste

Heat 1 tablespoon olive oil in saucepan. Add peppers and onion and sauté until tender, about 5 minutes. Add tomatoes, oregano and wine and simmer for 15 minutes. Cool slightly and place in a food processor. Pulse at first and then puree. Heat remaining tablespoon of olive oil in skillet and add garlic cloves, cooking until well browned on the outside and slightly tender. Place in the food processor with the tomato mixture and puree. Return to the saucepan and bring to a boil. Adjust consistency by simmering to thicken or by adding reserved juice, if necessary. Season with salt.

Seasonal Eating



Cooking Demonstration

New Ideas to
Use Seasonal Fruits and Vegetables



February Potatoes and Sweet Potatoes

Sweet Potato Orange Winter Salad

- 2 teaspoons olive oil
- 1/4 teaspoon salt
- 1/2 teaspoon finely chopped fresh rosemary
- 1 large sweet potato, peeled and cut into 1/2" cubes
- 3 tablespoons fresh orange juice
- 2 tablespoons olive oil
- 1 tablespoon whole grain mustard
- 1 tablespoon rice vinegar
- 1 tablespoon honey
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 oranges, cut into supremes
- 1/4 cup vertically sliced red onions
- Baby spinach
- 3 tablespoons pine nuts, toasted

In a bowl toss the olive oil, salt, rosemary and sweet potatoes together to coat potatoes. Spread on a parchment lined baking sheet and roast at 400 degrees for 30-40 minutes until fork tender, stirring occasionally. Remove from oven and cool. In the meantime make the dressing by whisking together the orange juice, olive oil, mustard, vinegar, honey, salt and pepper. Combine the cooled sweet potatoes, orange supremes and red onions and toss with a couple of spoonfuls of dressing. Toss the spinach with the dressing and place on plates. Top with sweet potato mixture and sprinkle with pine nuts.

Rosemary Potato Frittata

- 2 tablespoons olive oil
- 1 clove garlic, crushed
- 1/2 pound baby potatoes (red, white or gold)
- 1/2 small onion, sliced
- 1 1/2 teaspoons salt, divided
- 1/4 teaspoon black pepper, divided

- 6 eggs
- 1/2 cup milk
- 1/2 teaspoon dry mustard
- 1/2 teaspoon finely chopped fresh rosemary
- 1/2 cup grated parmesan cheese

Heat oven to 450 degrees. Heat olive oil in a medium heat-proof skillet with the crushed garlic. Let the garlic infuse the oil while you thinly slice the potatoes and onion. Discard the garlic and add the potatoes and onions to the skillet and season with 1/2 teaspoon salt and 1/8 teaspoon pepper. Raise the heat a little to medium and cook for 7-9 minutes. Turn the potatoes and onions over and cook for 7 minutes more or until potatoes are tender. In a large bowl, whisk together the eggs, milk, dry mustard, rosemary, 1 teaspoon salt and 1/8 teaspoon pepper. Add the egg mixture to the skillet and lift the potatoes slightly so the eggs run underneath them. Transfer the skillet to the oven and bake until eggs are set, about 10 minutes. Sprinkle the cheese on the top and place back in oven for a minute until the cheese melts.

Gnocchi with Roasted Garlic Tomato Sauce

Gnocchi

- 2 russet potatoes
- Water
- Salt
- 1 egg
- 1 1/2 teaspoons olive oil
- 1 1/2 cups flour

Peel potatoes and cut into 1" slices. Place in large pot and cover with water. Add a couple of big pinches of salt. Bring to a boil and cook until fork tender. Remove from water with a spider or slotted spoon to drain. Mash with a fork and allow to cool. In another bowl, whisk egg and olive oil together with a fork. Add 2 cups of the mashed potato and mix well. Gradually add 1 cup of the flour to make a smooth dough that is just slightly sticky. Turn