

Jerusalem Artichoke Gnocchi With Sautéed Kale

Yield: 4 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-jerusalem-artichoke-recipe>

Ingredients:

- 2 pounds jerusalem artichokes 8 – 10 medium, peeled and cut into 1 inch pieces
- 1 large egg lightly beaten
- 4 cups unbleached all purpose flour plus more for dusting
- sea salt for the boiling water
- extra-virgin olive oil drizzle of, plus more for pan frying
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon red pepper flakes
- salt and ground black pepper to taste
- 1 shallot large, chopped
- 4 cloves garlic smashed, peeled, and diced
- 1 bunch Tuscan kale washed and cut into 1 inch ribbons
- 2 tablespoons white wine vinegar
- 1 tablespoon lemon zest
- 1/4 cup asiago shaved

Nutrition:

1. Calories: 730 calories
2. Carbohydrate: 126 grams
3. Cholesterol: 60 milligrams
4. Fat: 16 grams
5. Fiber: 15 grams
6. Protein: 24 grams
7. SaturatedFat: 3 grams
8. Sodium: 510 milligrams
9. Sugar: 3 grams

Thank you for visiting our website. Hope you enjoy Jerusalem Artichoke Gnocchi With Sautéed Kale above. You can see more 16 italian jerusalem artichoke recipe You must try them! to get more great cooking ideas.