

Hazelnut Brown Butter Gnocchi

Prep time: 10 minutes
Cooking time: 6 minutes
Makes: 4 servings

3/4 cup	Hazelnuts, whole, toasted, skin removed, divided
1 cup	Instant potato flakes
1 cup	Water, boiling
3/4 cup	Flour, all-purpose
1	Egg
1 teaspoon	Salt
1/4 teaspoon	Black pepper, ground
2 tablespoons	Olive oil
2 tablespoons	Butter
1/4 cup	Parmesan cheese, grated
2 tablespoons	Parsley, chopped



Pulse 1/2 cup hazelnuts in food processor or blender to coarse meal; set aside. Chop remaining 1/4 cup hazelnuts into halves and set aside.

Stir potato flakes and boiling water with fork until blended. Stir in flour, egg, salt and pepper. Add coarse hazelnut meal and stir until blended.

Place on lightly floured surface and divide into four even portions. Shape each portion into 15-inch long cylinder and cut into 12, 1 1/4-inch pieces.

Heat olive oil in large frying pan over medium heat. Place gnocchi in pan, one layer thick. Sauté for 5 minutes, turning gently, until evenly browned. Add butter and hazelnut halves. Sauté for 1 minute until butter begins to brown. Sprinkle with Parmesan cheese and parsley. Serve immediately.

Nutritional Analysis per Serving: Calories 430 (60% Calories from Fat), 12g Protein, 32g Carbohydrate, 3g Fiber, 29g Fat, 7g Sat. Fat, 0g Trans Fat, 75mg Cholesterol, 780mg Sodium