

# Christmas Gnocchi with Shrimp, Asparagus and Pesto

Serving size: 2 cups

Makes 6 Servings

## Ingredients:

Gnocchi  
2 medium baking potatoes (1 pound)  
Vegetable oil  
1 cup all-purpose flour  
1 large egg  
2 tablespoons butter, melted  
Dash of salt  
¼ teaspoon pepper  
2 quarts water

## Shrimp and Asparagus

1 tablespoon olive oil  
4 cups asparagus (about 1 pound), sliced into 4 inch lengths  
1 pound shrimp, coarsely chopped

## Pesto

1 cup fresh basil leaves, minced  
½ cup parsley, minced  
2 tablespoons pine nuts, toasted and finely chopped (can use pecans or walnuts)  
2 cloves garlic, minced  
2 tablespoons Parmesan cheese, grated  
Dash of salt  
½ cup extra virgin olive oil

## Directions:

Scrub potatoes, and pat dry; rub with oil, and wrap in aluminum foil. Bake at 400° for 1 hour or until tender. Peel potatoes, discarding skins; mash pulp with a fork. In a mixing bowl, combine the potato pulp, flour, egg, butter, salt and pepper and blend at medium speed with an electric mixer until blended. Turn dough out onto a well-floured surface. Divide dough into 4 equal portions, and coat each portion with flour. Knead portions with well-floured hands until smooth and elastic and no longer sticky. Roll each portion into ¾-inch diameter ropes; cut each rope into ¾-inch lengths. Place dough pieces on floured baking sheets. Bring 2 quarts water to a boil over medium-high heat in a large soup pan. Drop dough pieces into the water and cook 3 to 4 minutes or until the gnocchi rise to the top. Remove the gnocchi with a slotted spoon and place in a large bowl.

In a sauté pane, heat the olive oil and sauté the asparagus and shrimp for about 5 minutes or until shrimp are pink and tender. Add shrimp mixture to the gnocchi.

To make the pesto, combine in a medium mixing bowl all the ingredients except the olive oil. Add the oil stirring to blend well. Add the pesto to the shrimp and gnocchi mixture and toss to coat. Serve immediately.

## Exchanges per serving:

3 Lean Meats, 2 Starches, 2 Vegetables, 3 Fats

## Nutrients per serving:

Calories: 517  
Calories from fat: 269  
Total Fat: 30g  
Cholesterol: 167mg  
Sodium: 246mg

Total Carbohydrate: 41g  
Dietary Fiber: 8g  
Protein: 25g