



# PILLOWY GNOCCHI

with Butternut Squash, Brussels Sprouts, and Maple-Sage Brown Butter

PREP: 10 MIN  
TOTAL: 30 MIN

LEVEL 1

NUT FREE

VEGGIE



## INGREDIENTS:

- Butternut Squash
- Maple Syrup
- Brussels Sprouts
- Sage
- Gnocchi (Contains: Wheat, Milk, Eggs)

## FOR 2 PEOPLE:

12 oz  
1 TBSP  
8 oz  
¼ oz  
9 oz

## FOR 4 PEOPLE:

24 oz  
2 TBSP  
16 oz  
¼ oz  
18 oz

## HELLO MAPLE-SAGE BUTTER

Naturally sweet with a  
lemony, herbal flavor

## NUTRITION PER SERVING

509 cal | Fat: 21 g | Sat. Fat: 9 g | Protein: 14 g | Carbs: 75 g | Sugar: 13 g | Sodium: 668 mg | Fiber: 11 g

## START STRONG

Although we recommend slicing the sage leaves, feel free to leave them whole if you'd like. Just be sure to pick them off the stems before adding to the sauce.



### 1 PREHEAT OVEN AND ROAST SQUASH

**Wash and dry all produce.**

Preheat oven to 400 degrees. Bring a large pot of **salted water** to a boil. Toss **squash** on a baking sheet with a large drizzle of **olive oil** and  $\frac{1}{2}$  **TBSP maple syrup**. Season with **salt** and **pepper**. Roast until starting to brown, 20-25 minutes.

### 2 PREP REMAINING INGREDIENTS

Trim **Brussels sprouts**, then cut in half through the stem. Slice halves into thin ribbons across the stems. Pick **sage leaves** from stems and thinly slice.

### 3 COOK BRUSSELS SPROUTS

Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add **Brussels sprouts**, season generously with **salt** and **pepper**, and cook until softened and starting to brown, 3-5 minutes. Remove from pan and set aside.



### 4 COOK GNOCCHI

Place **gnocchi** in boiling water, and cook until tender, 3-4 minutes, or until they float. Drain.

### 5 MAKE BROWN BUTTER SAUCE

While **gnocchi** cooks, add **2 TBSP butter** and  $\frac{1}{2}$  **TBSP maple syrup** to pan over medium-high heat. Season generously with **salt** and **pepper**. Add **sage** and stir until **butter** turns foamy and begins to brown, about 2 minutes. Remove from heat.

### 6 FINISH AND SERVE

Toss cooked **butternut squash** and **Brussels sprouts** into pan with sauce. Gently add **gnocchi**, season with **salt** and **pepper**, and stir to combine.

## PERFECTION!

Next time, try adding a dash of cinnamon to the sauce.

