

Eat
WELL
FEEL
good

Cooking Classes.
Community.
Fun.



Join our monthly workshops, **Cooking with Purpose**, to build on your current culinary skills and get your hands on healthy! Meet other students who share similar interests and learn more about cooking, nutrition, and find your community here on campus.

- ✓ A new recipe each month
- ✓ Learn lifelong skills
- ✓ Take home leftovers
- ✓ Consult with Health Center at Auraria's Registered Dietitian



Pride Gnocchi

SERVES: 4

We are celebrating the LGBTQ+ community with our colorful pasta! Bring Italy to your kitchen, by mixing pantry staples, potatoes or carrots, and flour you'll see how easy it can be to fresh pasta at home! The more colorful a potato/carrot the more nutrient-dense it is! This can help you pick high quality produce when you're shopping. Top with your favorite veggies and you have yourself a well-rounded meal!

PURPLE GNOCCHI

- 1 lb. purple sweet potato, peeled
- $\frac{3}{4}$ -1 cup all-purpose flour
- 2 egg yolks
- $1\frac{1}{2}$ teaspoon kosher salt

CARROT GNOCCHI

- 1 lb. carrots
- 2 cups all-purpose flour
- 1 egg yolk
- 1 teaspoon kosher salt

HERB TOPPING

- garlic
- salt
- pepper
- parmesan
- lemon zest
- butter

PRO TIP

Avoid boiling your potatoes, a quicker cook time keeps the integrity of nutrients, (~7 minutes boiling; steam/roasting 20-30 minutes).

DIRECTIONS

1. Peel and dice the potatoes into 2 inch pieces. Boil/steam/roast the potatoes until soft.
2. Using a fork, mash the potatoes well until smooth with no chunks. Mix the potato mash with $\frac{3}{4}$ cup flour, egg yolks and salt. Mix using your hands. Knead the mixture gently until the dough comes together. If the dough is too sticky, add the remaining $\frac{1}{4}$ cup of flour.
3. Cover the dough and let rest for 10-30 minutes.
4. Divide the dough into quarters, then divide each quarter in half. On a lightly floured surface, roll each piece into a log about $\frac{1}{2}$ inch thick, then cut the gnocchi into $\frac{1}{2}$ inch pieces. Using a fork, shape the gnocchi. Be creative with how you shape your gnocchi.
5. Bring salted water to a boil. Cook gnocchi for about 2 minutes, or until they float to the top.
6. Add gnocchi and desired veggies/herbs to a large skillet, stir in desired sauce and enjoy warm!