Zucchini Gnocchi

This recipe makes 3-4 cups

Directions:

1. Take the ends off of the zucchini and cut into ¼ - ½" thick medallions.
2. Lightly spray a large skillet with oil or broth, heat and then add 2 zucchini's worth of medallions. Cook for 2 minutes.
3. Add 1 tsp of minced garlic, can add salt and pepper if desired and then cook for an additional 8 minutes. Let cool for 30 minutes.
4. Add to a blender to get a paste. (It took 6 cooked zucchinis to have enough moisture to get a nice paste without adding extra water)
5. Transfer the blended zucchini to a mixer. Add some flour slowly while mixing. Add more flour until you get a workable dough. (About 1 Cup per zucchini). It should be similar in consistency to bread dough.
6. Add flour to a cutting board or counter top, knead, then roll it out into about 1" diameter rolls of gnocchi (Can flatten and use a fork to add a design to them). Cut the gnocchi roll into ½" wide pieces.
7. Add gnocchi to boiling water and cook them until they start to float.
8. Remove from water, and place on a parchment lined freeze dryer tray.
9. Pre Freeze when possible
10. Freeze dry (my cycle time was 24 hours)
11. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:
In a bowl, add boiling water until the gnocchi are submerged. You can also add them to a boiling pot of water to speed up the rehydration process. Rehydration time depends on the size of the gnocchi you made.

Notes:
Use as little flour as you can to speed up the rehydration. Adding your favorite spices certainly improves the flavor. Try some garlic powder, Italian seasoning, or other favorites.

Nutritional Value Per 1 cup
Calories: 237   Protein: 7 g   Fat: 1 g   Carbohydrates: 47 g   Sugar: 2 g   Fiber: 3 g