



Makes 3 cups gnocchi + 4 cups vegetables
Preparation Time: 40 minutes
Cook Time: 35 minutes

INGREDIENTS:

3 cups riced cauliflower
½ cup chopped fresh parsley
1 tablespoon porcini mushroom powder (⅓ oz.)
¼ teaspoon sea salt
Dash cayenne pepper
1 cup cassava flour, plus more for dusting
1 lb. Brussels sprouts, trimmed and halved or quartered
8 oz. fresh cremini mushrooms, sliced (3 cups)
1 small delicata squash, halved lengthwise, seeded, and cut into ½-inch pieces (7 oz.)
3 tablespoons white balsamic vinegar
Sea salt, to taste
Freshly ground black pepper, to taste
¼ cup whole almonds, soaked in boiling water 15 minutes and drained
1 tablespoon lemon juice
Chopped fresh herbs such as parsley, basil, thyme, and/or oregano

Gluten-Free Gnocchi with Roasted Vegetables

These pillowy soft gnocchi use cauliflower and gluten-free [cassava](#) flour in place of the traditional base made with potatoes and white flour. Each delicate dumpling is infused with a savory porcini [mushroom](#) powder and aromatic herbs, making every bite incredibly luxurious even without sauce. The gnocchi is tossed with earthy, caramelized roasted squash, Brussels sprouts, and mushrooms for a delicious veg-forward dish. An almond-based cream sauce is drizzled over the finished product and topped with more fresh herbs for an Italian feast you won't soon forget. These gnocchi keep well in the freezer, so feel free to make an extra batch and save some for a rainy day.

Tip: Look for porcini powder online or in gourmet food shops. If you still can't find any, grind dried porcini mushrooms in a spice grinder or mini food processor.

For more creative cauliflower recipes, check out these tasty ideas:

- [Vegan Shawarma with Roasted Cauliflower and Chickpeas](#)
- [Creamy Roasted Cauliflower Soup](#)
- [Creamy Cauliflower Bake](#)
- Or check out our full collection of [cauliflower recipes](#)

By Shelli McConnell

- 1 Preheat oven to 425°F. Place cauliflower in a steamer basket in a large saucepan. Add water to saucepan to just below basket. Bring to boiling. Steam, covered, 5 minutes or until tender. Drain well. In a food processor combine cauliflower, the ½ cup parsley, the mushroom powder, salt, and cayenne. Process until smooth.
- 2 In a bowl stir together cauliflower puree and cassava flour. Gently knead mixture in bowl to a soft dough. Divide dough in quarters. On a work surface dusted with additional cassava flour, roll a dough portion with your hands into a ½-inch-thick rope. Cut rope into 1-inch pieces. Repeat with remaining dough. Roll each piece into a ball. Dimple one side with your thumb. Place on a waxed- paper-lined baking sheet.
- 3 Line a large rimmed baking sheet with foil. Spread Brussels sprouts, mushrooms, and squash in baking sheet. Drizzle with 2 tablespoons of the vinegar. Sprinkle with salt and black pepper. Roast 35 minutes or until vegetables are crisp-tender, stirring once.
- 4 Bring a large pot of water to boiling. Drop gnocchi in, one-fourth at a time. When gnocchi float to the surface after about 1½ minutes, use a slotted spoon to transfer to a bowl; cover to keep warm. Repeat with remaining gnocchi.
- 5 Meanwhile, for balsamic cream, in a small food processor combine drained almonds, the remaining 1 tablespoon vinegar, and the lemon juice. Cover and blend until smooth, gradually adding 5 to 6 tablespoons water until drizzling consistency.

- 6 Toss gnocchi with roasted vegetables. Top with fresh herbs and drizzle with balsamic cream.