



DISHING IT UP WITH DANA

Flavorful Salad Satisfies all the Cravings

Warm, chewy gnocchi is combined with salad, baked corned beef and vinaigrette

Column and photos by Dana Rady, Wisconsin Potato & Vegetable Growers Association

I have a confession. I'm a sucker for carbs. First off, yes, I know better than to classify potatoes as carbohydrates. So don't worry, Wisconsin potatoes are not a food item that I eliminate or limit in my diet.

Let's just say that when I'm hungry for a snack, which is quite often since I'd rather eat several small meals a day instead of three large ones, I don't exactly gravitate to a protein. And I certainly don't crave salads. I'd much rather dive into a box of crackers or a bag of popcorn.

I also love pasta. Thankfully, gnocchi is an Italian pasta made with

potatoes, and the combination is delicious! And, to further please the palate, I found a new way to use gnocchi that also involves an air fryer.

Air fryers are an incredibly popular tool nowadays. They cut cooking time immensely, which is huge when you're in a rush. My family's air fryer is built into the oven, which is quite convenient and doesn't take up extra counter space.

QUICK PREP TIME

Another reason I love gnocchi is their quick prep time. Typically, gnocchi are boiled. It barely takes 5 minutes for the little dumplings to rise to the

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Irish-Inspired Salad with Crispy Gnocchi

INGREDIENTS: CRISPY GNOCCHI

2 C	(16 oz.) gnocchi, prepared
1 Tbsp.	olive oil
2 tsp.	garlic powder
1/4 tsp.	salt
1/4 tsp.	black pepper

IRISH-INSPIRED SALAD

1/2 C	2-3 slices deli corned beef, baked and sliced
2 C	carrots, shaved
3 C	leafy greens
3 C	cabbage



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INGREDIENTS: HONEY MUSTARD VINAIGRETTE

2 Tbsp.	Dijon mustard
2 Tbsp.	extra virgin olive oil
1 Tbsp.	fresh lemon juice
1 Tbsp.	apple cider vinegar
1 1/2 Tbsp.	honey
1/2 tsp.	minced garlic
1/4 tsp.	salt
1/4 tsp.	black pepper

top of the hot water, and you know they're done.

For this recipe, instead of boiling the gnocchi, we're going to toss them in olive oil, salt, pepper and garlic powder, and stick them in the air fryer. The results are warm, chewy and flavorful bite-sized dumplings.

Now, we add them into a vegetable salad along with some baked corned beef and a honey mustard vinaigrette dressing, and the result is a flavorful salad that satisfies all the cravings. This is a salad I genuinely enjoy eating.

The chewy, salty flavor of the gnocchi combined with the meat, veggies and tanginess of the dressing makes this salad light enough to not feel overly full after the meal, yet heavy enough to not be hungry an hour after eating.

I challenge you to try this for yourself. And if you are adventurous, give yourself permission to experiment. This salad isn't the only one that air-fried gnocchi can complement.



DIRECTIONS

Preheat oven or air fryer to 400° Fahrenheit. Toss the gnocchi with olive oil, garlic powder, salt, and pepper in a large bowl.

Add the seasoned gnocchi to the air fryer basket or tray. Avoid overcrowding so the gnocchi can become crispy, working in batches if necessary. Air-fry the gnocchi for 11-14 minutes, shaking the basket every 5 minutes to promote even browning. The gnocchi are done when the outsides are golden brown and crispy.

While the gnocchi are air frying, prepare the salad components by slicing the corned beef, shaving the carrots, shaving the cabbage, and washing the greens.

Lay 2-3 slices of corned beef on a lined baking sheet and drizzle with a little bit of oil. Bake for 12-15 minutes or until crispy.

Remove from oven and let cool slightly. Crumble or chop the baked slices into bite-sized pieces.

Whisk vinaigrette components together in a bowl.

Toss all salad ingredients with vinaigrette and serve.

Visit <https://eatwisconsinpotatoes.com/recipes/irish-inspired-salad-with-crispy-gnocchi-2/>. **BCT**

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