

# "Bellisima" Basil Kid-made Gnocchi + Five-minute/Five-ingredient Tomato Sauce + Italian Vanilla Basil Sodas



## "Bellisima" Basil Kid-Made Gnocchi

wash + tear + crack + pulse

Wash and shake-dry **10 fresh basil leaves** and **½ C packed fresh spinach leaves**. Tear the basil and spinach leaves into tiny, tiny pieces. Combine in a blender. Then crack **1 egg** and add it to the blender, too. Pulse until spinach and basil are broken down a bit and blended with the egg.

scoop + measure + add + mix

Scoop the basil/spinach/egg mixture into a mixing bowl. Then measure and add **7 ounces of ricotta cheese**, **1 T olive oil**, **¾ tsp sea salt**, **¼ tsp ground black pepper**, and mix well to combine. Then gently mix in **1 C all-purpose flour**. *If substituting gluten-free flour, add one additional egg to the mixture and more olive oil if needed so that the dough is slightly sticky and not too dry.*

boil + knead

Bring a large pot of water to boil. Meanwhile, turn the gnocchi dough onto a floured surface and knead, adding a bit more flour if necessary. Dough should be slightly sticky.

:: recipe continued ::



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## roll + cut + boil + drain

Divide the dough into quarters or halves. Roll each lump of dough into long ropes with your hands - kids love doing this! Ropes should be about 1-inch thick. Use a spoon or a butter knife to cut 1-inch pieces of gnocchi from the ropes. ADULT STEPS: Carefully drop gnocchi into boiling water and let cook. Watch for gnocchi to bounce to the surface. Once all gnocchi have floated to the top, drain in a colander and drizzle with olive oil.

## five-minute, five-ingredient tomato sauce

### measure + add + simmer

Measure and add **1 14-ounce can tomato sauce/pureed tomatoes, 3 T butter, 1-2 tsp onion powder, 1-2 tsp sea salt, and 1 T sugar** to a small saucapot. Bring to a simmer and cook until butter melts. Top cooked gnocchi with sauce, more shredded basil, and shredded parmesan cheese!

## italian vanilla basil soda

### tear + add + blend + pour

Tear 3 basil leaves and add to a blender along with **1 C sparkling water, 1/4 tsp vanilla extract, and 1/2 C sugar/agave nectar/honey**. Blend! Then top with **2 C remaining sparkling water** and taste. Add more sugar if necessary. Top with **ice**, pour into cups, and SALUD!

::continued::



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# shopping list!

## Bellisima Basil Kid-made Gnocchi

- |  |  |
|--|--|
| <input type="checkbox"/> 10 fresh basil leaves                 | <input type="checkbox"/> 7 oz ricotta cheese       |
| <input type="checkbox"/> ½ C packed fresh spinach              | <input type="checkbox"/> ¾ tsp sea salt            |
| <input type="checkbox"/> 1 T olive oil + more for<br>drizzling | <input type="checkbox"/> ¼ tsp ground black pepper |
| <input type="checkbox"/> 1 C all-purpose flour                 | <input type="checkbox"/> 1 egg                     |
| <input type="checkbox"/> Optional: 2 oz shredded parmesan      |  |

## Five-minute, Five-ingredient Tomato Sauce

- |  |   |
|--|---|
| <input type="checkbox"/> 1 14-oz can tomato<br>sauce/pureed tomatoes | <input type="checkbox"/> 1-2 tsp onion powder |
| <input type="checkbox"/> 1 T sugar                                   | <input type="checkbox"/> 1-2 tsp sea salt     |
| <input type="checkbox"/> 3 T butter                                  |   |

## Italian Vanilla Basil Sodas

- |   |
|---|
| <input type="checkbox"/> 3 fresh basil leaves         |
| <input type="checkbox"/> ½ C sugar/agave nectar/honey |
| <input type="checkbox"/> ¼ tsp vanilla extract        |
| <input type="checkbox"/> 3 C sparkling water          |
| <input type="checkbox"/> Ice                          |

::continued::



## Let's learn about Basil!

A long time ago, Greeks and Romans believed basil would only grow if you screamed wild curses and shouted while sowing the seeds. If you left a basil leaf under a pot, they also believed it would turn into a scorpion!

Basil may have originated in India; there are speculations that it originally came from tropical areas spanning from Southeast Asia to Central Africa.

Basil is a part of the mint family, and there are anywhere from 50-150 species of basil, including the most common Genovese (Italian) basil, Thai basil, cinnamon basil, lemon basil, lettuce basil, spicy globe basil, and green ruffles basil! Each type of basil has a unique aroma and taste.

**Choose leaves that are bright and free from blemishes.**

**Basil contains 98% of our DV of Vitamin K1 in just ½ a cup!** Vitamin K1 is essential for blood clotting. When we get a cut, we need our blood to clot so that the bleeding will stop and our cut will heal.

**Basil has been shown to act as an adaptogen.** Adaptogens are natural substances that help us respond healthfully to stress.

## What the heck are Gnocchi?!

- ★Gnocchi (pronounced “n’yaw-kee” comes from the Italian word “nocca,” which means “knuckle.”
- ★Gnocchi originated in Northern Italy. This is because the northern climate of Italy was more suitable for growing potatoes, the original main ingredient of gnocchi.
- ★They are dumplings traditionally made from potato and flour, and many variations have come into existence. Every region of Italy has its own version of gnocchi. Gnocchi are a peasant food: that means, they were invented when times were tough out of available and cheap ingredients.
- ★Long ropes of dough are rolled out before being sliced into pieces, boiled in salted water, and dressed with a variety of simple sauces.
- ★Gnocchi can be made with squash, spinach, saffron, prunes, even cocoa!

### Time for a laugh!

I tried to get into my house the other day, but I couldn’t. Wanna know why?

Because I had gnocchi!

What is a seagull’s favorite herb? **BAY-sil!**

What did the Papa Basil say to the Baby Basil? “**Hope you Gnocchi how Wonderful you are!**”

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