

Gnocchi with Sausage and Sweet Peppers

I look forward to having this gnocchi every year when it arrives on our summer menu at the restaurant. Peppers just seem right for summer. We use red and yellow bell peppers. I find them to be sweeter and less pungent than green bell peppers. I also love it with rigatone if you'd prefer with pasta.

This recipe is quite healthy for you except for maybe the sausage. Feel free to use chicken sausage which I like just as well. Did you know that red bell peppers are full of anti-oxidants and also are good for your skin? They keep you looking younger!

Serves 4 as a main course
or 6 as a first course

1 recipe potato gnocchi (or one pound store bought gnocchi or rigatone pasta)

2 tablespoons olive oil

3/4 pound spicy Italian Sausage
(pork sausage or chicken)

1 red bell pepper

1 yellow bell pepper

1/2 medium yellow onion

2 to 3 cloves garlic

1 quart of Marinara sauce (store bought or made from recipe on page 76)

1/2 cup Parmesan (preferably Parmigiano-Reggiano)--grated or curled

Italian parsley for garnish (optional)

1. Core the bell peppers and cut into bite-size pieces, roughly a half inch by 3/4 inch. Cut onion into bite size slivers.
2. Cook sausage in a deep sauté pan over medium heat (if sausage came in casings, remove before cooking). Transfer to paper towels to drain. Wipe out pan.
3. Bring 4 quarts water to boil in a large pot for cooking gnocchi. When boiling, add a tablespoon of salt.
4. While water is heating, heat olive oil in the sauté pan over medium-high heat. Add peppers and onions and cook until they soften. Add garlic and sauté briefly.
5. Add Marinara to pan, and return the cooked sausage to pan also. Warm over medium heat.
6. In batches, add gnocchi to water and cook until they rise to the surface. Remove with a slotted spoon and drain.
7. When all gnocchi are cooked, add to the pan with a little of the pasta water and toss with other ingredients.
8. Platter and top with Parmesan cheese and garnish with parsley if desired.



Suggested Wine: *Nero d'Avola*

Nero d'Avola is a very dark skinned grape (Nero means black) and named for the Avola region in southern Sicily. It is explosive with sun-baked Mediterranean flavors, with sweet tannins and peppery plum on the palate.

The Villa Pozzi Nero d'Avola is a great value. We've released it to our wine club and have had more re-sales on this wine than any we've ever done.

Frankie's recommendation: *Villa Pozzi Nero d'Avola*

