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Knock Your Socks Off Gnocchi

Ingredients

1 tablespoon plus 1 teaspoon extra-virgin olive oil, divided
1 16-ounce package shelf-stable gnocchi (find it in the pasta aisle)
1 medium yellow onion, thinly sliced
4 cloves garlic, minced
8 ounce container fresh baby Bella mushrooms, rinsed and sliced
1/4 teaspoon kosher salt
1/2 teaspoon dried Italian seasoning
A pinch of crushed red pepper (optional)
1/2 cup water
6 cups baby spinach (or chard)
1 15-ounce can diced tomatoes
1 15-ounce can white beans, drained and rinsed
1/4 teaspoon freshly ground pepper
1/2 cup shredded part-skim mozzarella cheese
1/4 cup finely shredded Parmesan cheese

Directions

Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add gnocchi and cook, stirring often, until plumped and starting to brown, 5 to 7 minutes. Transfer to a bowl.

Add the remaining 1 teaspoon oil and onion to the pan and cook, stirring, over medium heat, for 2 minutes. Stir in garlic, mushrooms, salt, Italian seasoning, and crushed red pepper (if you are using). Add water. Cover and cook until the onion and mushrooms are soft, 4 to 6 minutes. Add spinach, cover and cook, stirring, until starting to wilt, 1 to 2 minutes.

Stir in tomatoes, beans and pepper and bring to a simmer and let cook for 8-10 minutes. Stir in the gnocchi and sprinkle with mozzarella and Parmesan. Cover and cook until the cheese is melted and the sauce is bubbling, about 3 minutes.

Nutrition Information

Calories: 282 Fat: g 6 Saturated Fat: 1.5 g Cholesterol: 8 mg
Sodium: 709 mg Carbohydrates: 54 g Fiber: 11 g Sugar: 2.5 g Protein:
13 g