



Skillet Gnocchi with Chard and White Beans

Prep Time: 10 minutes

Total Time: 30 minutes

Yield: 6- 1 cup servings

Ingredients:

- 1 tablespoon plus 1 teaspoon extra virgin olive oil, divided
- 1 16-ounce package shelf-stable gnocchi
- 1 medium yellow onion, thinly sliced
- 4 cloves garlic, minced
- ½ cup water
- 6 cups chopped chard leaves, (about 1 small bunch) or spinach
- 1 15-ounce can diced tomatoes with Italian seasonings
- 1 15-ounce can white beans, rinsed
- ¼ teaspoon freshly ground black pepper
- ½ cup shredded part-skim mozzarella cheese
- ¼ cup finely shredded Parmesan cheese

Directions:

1. 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.
2. Add the remaining 1 teaspoon oil and onion to the pan and cook, stirring, over medium heat, for 2 minutes.
3. Stir in garlic and water. Cover and cook until the onion is soft, 4-6 minutes.
4. Stir in tomatoes, beans and pepper and bring to a simmer.
5. Add chard (or spinach) and cook, stirring, until starting to wilt, 1 to 2 minutes.
6. Stir in the gnocchi and sprinkle with mozzarella and Parmesan.
7. Cover and cook until the cheese is melted and the sauce is bubbling, about 3 minutes. Serve hot.

Recipe adapted from:

EatingWell.com

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*				
Amount per	319 g	Total Fat	12.6g	19%	Total Carbohydrates	26g	9%		
1 serving (11.3 oz)		Saturated	5.3g	27%	Dietary Fiber	3g	12%		
Calories	239	Trans Fat	0g		Sugars	2g			
From fat	111	Cholesterol	22mg	7%	Protein	8g	16%		
<i>HappyForks.com</i>		Sodium	660mg	28%	Calcium	17%	Iron	15%	
		Calcium	17%	Iron	15%	Vitamin A	63%	Vitamin C	36%

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.