



Skillet Gnocchi with Chard and White Beans

Recipe Source: adapted from www.shockinglydelicious.com

Ingredients:

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

Steps:

- Heat 1 Tbsp oil in a large nonstick skillet over medium heat. Add gnocchi and cook, stirring often, until plumped and starting to brown, 5-7 minutes. Transfer to a bowl.
- Add the remaining 1 tsp oil and onion to the pan and cook, stirring, over medium heat, for 2 minutes. Stir in garlic and water. Cover and cook on low until the onion is soft, 4-6 minutes.
- Add chard (or spinach) and cook, stirring until starting to wilt, 1-2 minutes.
- Stir in tomatoes and their juice, beans, and pepper and bring to a simmer. Stir in gnocchi and sprinkle with mozzarella and Parmesan. Cover and cook until the cheese is melted and the sauce is bubbling, about 3 minutes.

Tips from the Test Kitchen: Pecorino Romano can be used instead of Parmesan. You can add more garlic if you'd like. The recipe was tested with 5 cloves.

Nutritional Facts: per serving Calories: 475, Carbohydrates: 82 grams, Protein: 19 grams, Total Fat: 8 grams, Saturated Fat: 2 grams, Cholesterol: 21 mg, Sodium: 1285 mg, Fiber: 11 grams, Total Sugars: 6 grams.