



Weekly Recipe Challenge



Skillet Gnocchi with Chard & White Beans *(courtesy of EatingWell)*

In this one-skillet supper, we toss dark leafy greens, diced tomatoes and white beans with gnocchi and top it all with gooey mozzarella. Serve with a mixed green salad with vinaigrette.

6 servings (3 Carbohydrate Serving) | **Active Time:** 30 minutes | **Total Time:** 30 minutes



Ingredients

- 1 tablespoon plus 1 teaspoon extra-virgin olive oil, divided
- 1 16-ounce package shelf-stable gnocchi, (see Tip)
- 1 medium yellow onion, thinly sliced
- 4 cloves garlic, minced
- 1/2 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
- 1/4 teaspoon freshly ground pepper
- 1/2 cup shredded part-skim mozzarella cheese
- 1/4 cup finely shredded Parmesan cheese

Instructions

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

 **Nutritional Information** *(per serving)* **Exchanges:** 3 starch, 1 vegetable, 1 lean meat, 1 fat

- **Calories** 325
- **Carbohydrates** 55g (Fiber 6g)
- **Cholesterol** 8mg
- **Fat** 7g (Saturated Fat, 2g; 3g Monounsaturated)
- **Sodium** 616mg
- **Potassium** 360mg
- **Protein** 14g