



Skillet Gnocchi with Chard & White Beans

Ingredients *Serves 6*

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
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 ground pepper
1/2 cup shredded part-skim mozzarella cheese
1/4 cup finely shredded Parmesan cheese

Preparation *Total Time: 30 minutes*

STEP 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.

STEP 2: Add the remaining 1 teaspoon oil and onion to the pan and cook, stirring, over medium heat, for 2 minutes. Stir in garlic and water. Cover and cook until the onion is soft, 4 to 6 minutes.

STEP 3: Add chard (or spinach) and cook, stirring, until starting to wilt, 1 to 2 minutes. Stir in tomatoes, beans and pepper and bring to a simmer.

STEP 4: 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 *Per serving*

327 Calories, Total Fat: 7 g, Saturated Fat: 2 g, Cholesterol: 8 mg, Carbohydrates: 56 g, Fiber: 6 g, Total Sugars: 5 g, Added Sugars: 0 g, Protein: 14 g, Sodium: 598 mg, Potassium: 361 mg, Folate: 59 mcg

Calcium: 210 mg

