

Enjoy!

# SKILLET GNOCCHI WITH CHARD AND WHITE BEANS

## MATERIALS

Skillet  
Stirring spoon

## YIELD

Four servings

DISH: **MAIN**

FOOD GROUP(S):  
**PROTEIN (VEGETARIAN  
ALTERNATIVE), GRAIN,  
VEGETABLE**

## INGREDIENTS

1 tablespoon plus 1 teaspoon extra-virgin olive oil, divided  
1 (16-ounce) package shelf-stable gnocchi (see chef's note)  
1 medium yellow onion, thinly sliced  
4 cloves of 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



## DIRECTIONS

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

## CHEF'S NOTES

- ▷ Look for shelf-stable gnocchi near other pasta in the Italian section of most supermarkets.
- ▷ Gnocchi is pronounced “no key.”