

Skillet Gnocchi with Spinach and White Beans

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 baby spinach
- 1 15-ounce can diced tomatoes with Italian seasonings
- 1 15-ounce can white beans, rinsed
- ½ cup shredded part-skim mozzarella cheese
- ¼ cup finely shredded Parmesan cheese

Instructions

- 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.
- 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. Add spinach and cook, stirring, until starting to wilt, 1 to 2 minutes. Stir in tomatoes and beans and bring to a simmer. 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.

MAKES 6 SERVINGS. NUTRITION PER 1 CUP SERVING:
CALORIES: 326KCAL | CARBOHYDRATES: 56G | PROTEIN:
14G | FAT: 7G | FIBER: 6G

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