SKILLET GNOCCHI WITH CHARD AND WHITE BEANS

6 SERVINGS | SERVING SIZE APPROX. 1 ½ CUP

INGREDIENTS:
1 T. olive oil
1 (16oz.) package shelf stable gnocchi
1 tsp. olive oil
1 medium onion, thinly sliced
4 cloves garlic, minced
½ c. water
6 c. chard or spinach, chopped
1 (15oz) can low sodium diced tomatoes with Italian seasoning
1 (15oz) can white beans, rinsed and drained
¼ tsp. black pepper
½ c. low fat shredded mozzarella cheese
¼ c. grated parmesan cheese

DIRECTIONS:
1. Wash hands with warm water and soap. Scrubbing hands and arms for at least 20 seconds. Dry hands with a single use paper towel.
2. Heat 1 T olive oil in a skillet over medium heat. Add the gnocchi and cook stirring often, until the gnocchi is plump and slightly browned, about 5 – 7 minutes. Transfer to a bowl.
3. Add the remaining 1 tsp olive oil to the skillet with the sliced onion. Cook for two minutes.
4. Add the water and garlic to the skillet, cover and cook until the onion is soft, about 4 – 6 minutes.
5. Add the chard (or spinach) and cook, stirring, until it begins to wilt, about 1 – 2 minutes.
6. Stir in the tomatoes, beans, and pepper and bring to a simmer.
7. Stir the gnocchi back into the skillet and sprinkle with the mozzarella and parmesan cheeses.
8. Cover and cook on low until the cheese melts and the sauce is bubbly, about 3 – 4 minutes.

NUTRITION INFORMATION PER ONE SERVING:
290 calories, 14g fat, 55mg cholesterol, 670mg sodium, 25g carbohydrate, 5g dietary fiber, 5g sugars, 17g protein

RECIPE ADAPTED FROM ALLRECIPES.COM