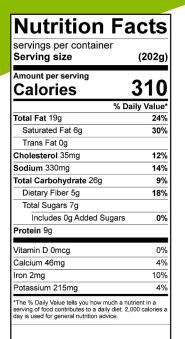
One Pot GNOCCHI BAKE

Noelle Martin, RD





Prep time: Cook time: 20 Minutes Serves:

5 Minutes 6 People

INGREDIENTS:

- 1 package PC Fresh Butternut Squash Gnocchi
- 1 cups TOMZ™ Cherry Tomatoes, halved
- 1 NatureFresh™ Orange Bell Pepper, diced
- 1 NatureFresh™ Yellow Bell, Pepper, diced
- 1 cup frozen shelled edamame
- ½ cup goat cheese
- 1 tbsp. low sodium soy sauce
- 1 tsp. minced garlic or garlic puree
- 1/2 cup pine nuts (optional)

NUTRITION NOTE:

This recipe is rich in vitamin C and other antioxidants from Tomatoes and Peppers and a source of complete protein from the edamame and goat cheese. For a more nutrient-dense gnocchi, choose one that is made with potatoes and whole wheat flour and/or butternut squash.

DIRECTIONS:

- · Wash all produce before cooking.
- In a stove top and oven-safe pan, cook gnocchi as per package instructions and drain water.
- · Add the soy sauce, garlic, vegetables, edamame, and goat cheese.
- · Place pan into the oven at 400 F for about 15 minutes (or until the ingredients have thoroughly warmed through)..
- · Sprinkle pine nuts on top if desired and serve!

CHEF'S TIP:

Try dicing the vegetables up ahead of time for a faster preparation time at the end of a busy day.



For recipe ideas visit: naturefresh.ca

Check out Noelle on instagram: @motherhoodandmeals