

One Pot GNOCCHI BAKE

by
Noelle Martin, RD

Noelle is a dietitian and mom of three boys. She has a passion for educating, inspiring, and supporting others to make the healthiest choices possible with the resources available. Noelle has a blog (mealsformeandmyminis.wordpress.com) where she shares recipes, nutrition tips, and snapshots of her journey through motherhood.

Noelle also has a private practice (www.rdservices.ca) and teaches courses at a Brescia University College in Ontario, Canada.



Nutrition Facts

servings per container
Serving size (202g)

Amount per serving
Calories **310**

% Daily Value*

Total Fat 19g 24%

Saturated Fat 6g 30%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 330mg 14%

Total Carbohydrate 26g 9%

Dietary Fiber 5g 18%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 9g

Vitamin D 0mcg 0%

Calcium 46mg 4%

Iron 2mg 10%

Potassium 215mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Prep time: 5 Minutes
Cook time: 20 Minutes
Serves: 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
- **½ 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](https://www.instagram.com/motherhoodandmeals)

