

Gnocchi with Spring Vegetables

This healthy and light vegetarian one-pot meal comes together in only 30 minutes

Prep time: 10 minutes

Total time: 30 minutes

Ingredients

- 2-3 stems of kale (or 2 cups/500 mL kale leaves)
- 1 lb (450 g) fresh asparagus
- 1 tsp (5 mL) olive oil
- 1 garlic clove
- 8 oz (250 g) stringless sugar snap peas
- 1/4 tsp (1 mL) salt
- 1 cup (250 mL) vegetable broth
- 1/3 cup (75 mL) milk
- 16 oz (450 g) potato gnocchi
- 1 lemon
- 4 oz (125 g) fresh mozzarella cheese
(approximately 1/2 ball), torn into pieces
- 1/4 cup (50 mL) fresh mint leaves



pampered chef™

Instructions

1. Over a large mixing bowl, use the [Herb Stripper](#) to remove the leaves from the kale. Coarsely chop the leaves using the [Salad Chopper](#).
2. Cut off the woody ends of the asparagus and then cut them into 2" (5-cm) pieces; set aside.
3. Heat the oil in the 12" (30-cm) [Executive Nonstick Skillet](#) over medium heat for 3-5 minutes. Press the garlic using the [Garlic Press](#); cook and stir for 15-30 seconds, or until the garlic is fragrant. Add the kale, asparagus, sugar snap peas, and salt. Cook and stir for 2-3 minutes.
4. Add the broth, milk, and gnocchi, and stir to combine. Bring to a boil over medium-high heat.
5. Reduce the heat to low, cover, and simmer for 4-6 minutes, or until the vegetables are crisp-tender and the gnocchi is cooked through.
6. Meanwhile, zest the lemon with the [Microplane® Zester](#). Juice the lemon to measure 1 tbsp (15 mL).
7. Remove the skillet from the heat. Add the lemon zest and juice, then top with the fresh torn mozzarella. Place the mint in the Herb Mill and grate it over the gnocchi.

Serves 6

U.S. Nutrients per serving (1 1/4 cups/300 mL):

Calories 240, Total Fat 6 g, Saturated Fat 3 g, Cholesterol 15 mg, Sodium 510 mg, Carbohydrate 38 g, Fiber 5 g, Sugars 4 g, Protein 10 g

Cook's Tips:

Instead of mozzarella, try fresh burrata cheese. Burrata is an Italian cheese with an outer shell made of mozzarella and a creamy center. To use it as a substitute, cut the cheese in half and use half of the creamy center as a replacement for the milk to make the sauce. Then cut up the remaining cheese to top the gnocchi.

Don't let the kale stems go to waste! Add them to smoothies or thinly slice them and add to your favorite salads.