

# Mediterranean Gnocchi

SERVINGS  
4

PREP TIME  
10 MIN

COOK TIME  
20 MIN

TOTAL TIME  
30 MIN

*Lightly crisped potato gnocchi tossed with sautéed zucchini, yellow squash, artichoke hearts, and white beans, finished with bright lemon, fresh basil, and a rich buttery finish.*

**ORGANIZING**  
a Plant Based Life.com



## Ingredients

## Directions

1

- 2 T Vegan Butter
- 1 lb Potato Gnocchi

- Melt the butter in a large skillet over medium heat until fully melted.
- Add the gnocchi to the skillet, toss to coat in the oil, cover, and cook for 2 - 3 minutes.
- Remove the lid, stir well, and continue cooking for about 5 minutes, stirring occasionally, until lightly browned.
- Transfer the gnocchi to a plate and set aside.

2

- 2 T Minced Garlic
- 1 Medium Zucchini
- 1 Medium Yellow Squash
- 1 (14 oz) Can Artichoke Hearts
- Nature's Seasons or Salt & Pepper

- While the gnocchi cooks, dice the zucchini and yellow squash into 1-inch cubes. Drain and quarter the artichoke hearts.
- Once the gnocchi has been removed, add a drizzle of olive oil to the skillet and heat over medium.
- Add the garlic, zucchini, and squash, stirring occasionally for about 3 minutes until they begin to soften.
- Add the artichoke hearts to the pan and mix to combine.
- Season with Nature's Seasons or salt and pepper to taste.
- Sauté for 5 - 8 minutes, stirring occasionally, until the vegetables are tender and lightly browned.

3

- 2 T Vegan Butter
- 3 T Lemon Juice
- ¼ C Nutritional Yeast

- Add the butter to the skillet, then slowly pour in the lemon juice, stirring well to combine.
- Stir in the nutritional yeast and mix until evenly incorporated.

4

- 1 Can Cannellini Beans **OR** Great Northern Beans

- Drain and rinse the beans, then add them to the pan.
- Cook for another 1 - 2 minutes, just until heated through and the flavors have blended.
- Return the gnocchi to the skillet, stir well to combine, and cook for 1 more minute until everything is warmed through.

### SERVE WITH:

- 1 - 2 T Fresh Basil
- Nutritional Yeast
- Salt & Pepper

- Roughly chop the fresh basil.
- Plate the gnocchi mixture and top with basil, additional nutritional yeast, and salt and pepper to taste.