

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
- 1/4 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.