

Potato Gnocchi with Zucchini and Corn



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Ingredients

- 4 teaspoons olive oil
- 4 garlic cloves, minced
- 1 cup corn (frozen, canned, or fresh)
- 1 zucchini, sliced
- 1 summer squash, sliced
- 16 ounces gnocchi (potato)
- $\frac{1}{2}$ cup 2% milk
- $\frac{1}{2}$ cup Parmesan cheese

Method

1. Cook the gnocchi according to package directions. Drain fully.
2. Heat half the olive oil over medium heat. Add the garlic and cook for 30 seconds until fragrant.
3. Add the zucchini, summer squash, and corn. Cook for 4-5 minutes until tender crisp. Remove and set aside. See notes if you want roasted or charred corn.

4. Add the remaining olive oil to the pan. Add the garlic and cook for thirty seconds. Add the gnocchi and cook for 1-2 minutes until beginning to brown. Add the milk and Parmesan cheese. Stir and bring to a simmer for 1-2 minutes until it begins to thicken. Add the vegetables and turn off the heat. Let sauce thicken for 1-2 minutes and then serve.

Notes

Tips and Tricks for this Gnocchi Recipe

If you want to add protein, try adding chicken, shrimp, or white beans. You can quickly cook the chicken or shrimp in the olive oil before cooking the vegetables. You could also use grilled chicken or rotisserie chicken. For white beans, make sure to drain and rinse the beans first.

If you don't want to use gnocchi, you can use another cooked pasta instead. However, you will want to use 8 oz of dry pasta for four servings instead of 16 oz. of pasta. Gnocchi is much heavier than traditional pasta. To make sure the pasta doesn't overcook in the sauce, make sure to cook it al dente.

You can swap out the veggies in this recipe for anything that's in season or you have on hand. Spinach, tomatoes, asparagus, snap peas, broccoli, and cauliflower are all delicious options.

If you like tomatoes in your pasta, consider adding fresh cherry tomatoes or canned diced tomatoes. If you opt for fresh tomatoes, I like to cook them with the other vegetables until they begin to burst.

To add more brightness to the dish, consider adding some chopped basil and a touch of fresh lemon juice or lemon zest.

For a thicker cream sauce, you can use half and half or whole milk. Fat-free half and half or skim canned evaporated milk will also make a thicker sauce.

Change up the flavor of the cheese sauce by trying the recipe with different cheeses. I love it with goat cheese, gorgonzola, feta, and gouda.

For a lighter option, use frozen cauliflower gnocchi like the one made by Trader Joe's.

Prep

- Prep: 5 Minutes
- Cook: 15 Minutes
- Total Time: 20 Minutes

Source: Slender Kitchen (4 servings)