

SPRING VEGETABLE GNOCCHI WITH CHICKEN APPLE SAUSAGE

Higher Fiber

Serves: Serves 4 (1 serving = 1 3/4 cups)

Nutrition (per serving)

Calories: 440

Total Fat: 17 g

Saturated Fat: 4.5 g

Sodium: 716 mg

Total Carbohydrate: 31 g

Dietary Fiber: 4 g

Total Sugars: 7 g

Added Sugars: 0 g

Protein: 20 g

PREP TIME: 10 min

COOK TIME: 20 min

TOTAL TIME: 30 min



Ingredients

- Cooking spray
- One 16-ounce package of potato gnocchi
- 2 Tablespoons extra virgin olive oil
- 2 cloves garlic, finely minced
- 1 bunch asparagus, trimmed and cut into 1-inch pieces
- 1/3 cup frozen peas
- 1/3 cup chopped sweet yellow onion
- 1/4 teaspoon ground black pepper
- One 12-ounce package chicken apple sausage, cut into 1-inch-thick rounds
- 1/4 cup shredded Parmesan cheese

Directions

1. Preheat oven to 400 degrees. Spray baking sheet with cooking spray.
2. In a large bowl, add the gnocchi, olive oil, garlic, asparagus, peas, onion, and pepper. Mix to combine.
3. Pour gnocchi mixture out onto prepared baking sheet and add sausage on top of the gnocchi. Bake at 400 degrees for 20 minutes. Sprinkle with Parmesan cheese and serve!