

Veggie Edamame Gnocchi

Swick

Makes 2 servings | Active Time: 35 minutes | Total Time: 35 minutes

Chef's Notes

Nutrition: Calories 536; Fat 13g; Carbs 83g; Fiber 14g; Sugar 10g; Protein 27g; Cholesterol 0mg; Sodium 569mg; Vitamin A 1675IU; Vitamin C 79mg; Calcium 154mg; Iron

Step 1: Method

- 2 tsp Avocado Oil (10 mL)
 - 2 cups Gnocchi (320 grams)
 - 1 1/3 cups Cherry Tomatoes (149 grams)
 - 2 cups Frozen Edamame, thawed (310 grams)
 - 1 1/3 cups Broccoli, chopped (260 grams)
 - 1/3 cup Red Onion, sliced (10 grams)
 - 2/3 tsp Garlic Powder
 - 2/3 tsp Oregano
1. Preheat your oven to 425 F (218 C). Line a baking sheet with parchment paper.
 2. Spread the gnocchi, edamame, tomatoes, broccoli and onions on the baking sheet. Drizzle with avocado oil. Sprinkle garlic powder, oregano and basil on top and toss well to combine everything. Make sure everything, especially the gnocchi, is seasoned well!
 3. Roast for 20 to 25 minutes, tossing once during cook time. You want the tomatoes to be bursting.