

- 1 16-ounce package raw gnocchi
- 8 eggs
- 2 Tbsp. butter/olive oil
- 2 Tbsp. shredded parmesan cheese

- 1/2 lb. Italian sausage
- 2 Roma tomatoes, diced
- 1 bell pepper, diced
- salt and pepper, to taste

In medium skillet, brown the sausage in small bite-sized chunks. When sausage is fully cooked, removed from the skillet and set aside.


Pour off sausage grease leaving only a light coating in the skillet. Add the eggs, scramble, then set aside and return skillet to the heat.

Sauté peppers and gnocchi over medium heat until peppers are tender and gnocchi are golden. Add 1 Tbsp. butter/oil as needed to prevent sticking.

Add the cooked sausage, eggs, and remaining oil/butter.

Divide into 4 bowls, top with shredded cheese; salt and pepper as desired.

ENJOY!



GNOCCHI BOWL



- 32-ounce package raw gnocchi
- 6-ounce pesto
- 1 Tbsp. butter/olive oil

- 2 cups roast chicken (picked)
- 2 Tbsp. shredded parmesan cheese
- salt and pepper to taste

In medium skillet, sauté gnocchi until golden, adding butter/oil as needed to prevent sticking.

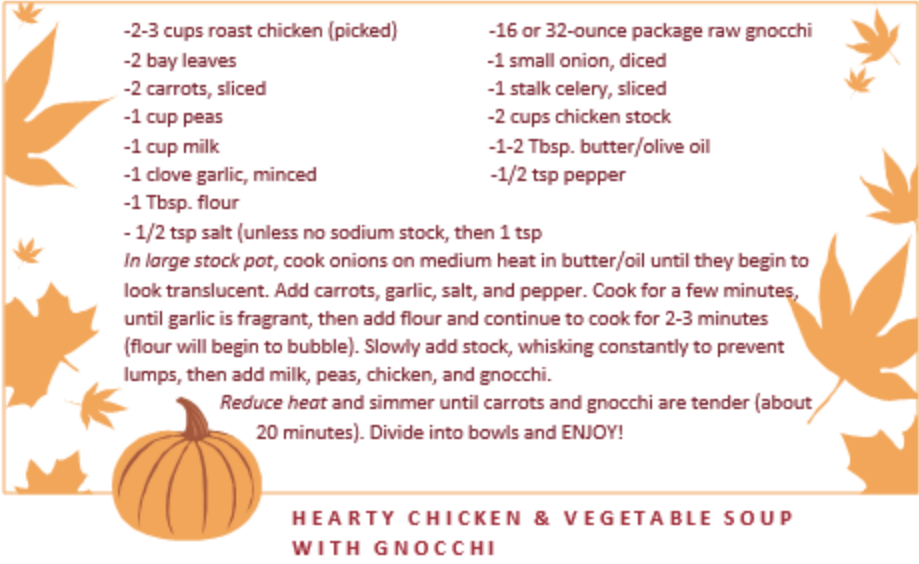
Add chicken and pesto, stir and heat until hot.

Divide into 4-6 servings, top with shredded cheese; salt and pepper as desired.

ENJOY!



ROAST CHICKEN WITH PESTO & GNOCCHI




- 2-3 cups roast chicken (picked)
- 2 bay leaves
- 2 carrots, sliced
- 1 cup peas
- 1 cup milk
- 1 clove garlic, minced
- 1 Tbsp. flour
- 1/2 tsp salt (unless no sodium stock, then 1 tsp)

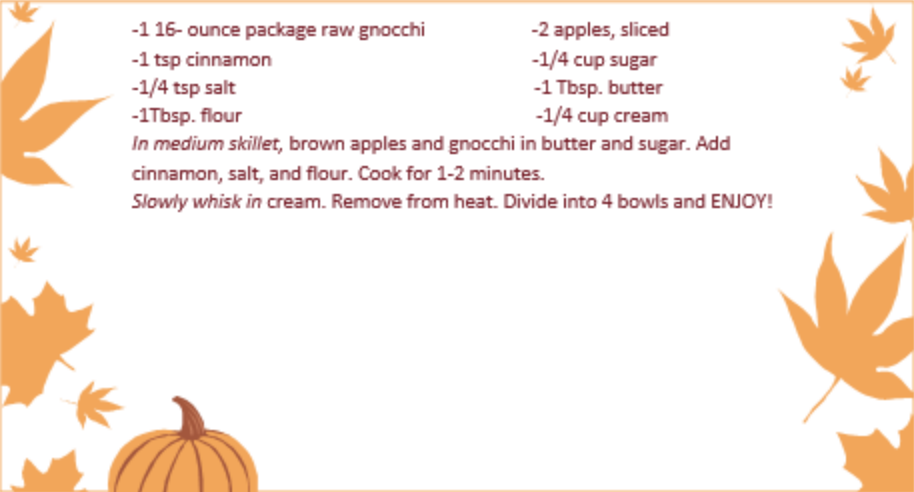
- 16 or 32-ounce package raw gnocchi
- 1 small onion, diced
- 1 stalk celery, sliced
- 2 cups chicken stock
- 1-2 Tbsp. butter/olive oil
- 1/2 tsp pepper

In large stock pot, cook onions on medium heat in butter/oil until they begin to look translucent. Add carrots, garlic, salt, and pepper. Cook for a few minutes, until garlic is fragrant, then add flour and continue to cook for 2-3 minutes (flour will begin to bubble). Slowly add stock, whisking constantly to prevent lumps, then add milk, peas, chicken, and gnocchi.

Reduce heat and simmer until carrots and gnocchi are tender (about 20 minutes). Divide into bowls and ENJOY!



HEARTY CHICKEN & VEGETABLE SOUP WITH GNOCCHI



-1 16- ounce package raw gnocchi -2 apples, sliced
-1 tsp cinnamon -1/4 cup sugar
-1/4 tsp salt -1 Tbsp. butter
-1Tbsp. flour -1/4 cup cream

In medium skillet, brown apples and gnocchi in butter and sugar. Add cinnamon, salt, and flour. Cook for 1-2 minutes.

Slowly whisk in cream. Remove from heat. Divide into 4 bowls and ENJOY!



SPICED APPLES & GNOCCHI