

Dinner

Summertime Gnocchi with Lemon, Squash, Feta & Herbs

15 Mins
Prep Time

8 Mins
Cook Time

4
Servings

 **477 Calories** **25g Fat** **50g Carbs** **13g Protein**




Ingredients

 **4 Servings**  **25 Mins Total Time**  **Allergens: Gluten, Dairy**

1 lb Gnocchi

¼ Cup Extra Virgin Olive Oil 

3 Cloves Garlic, chopped

2 Summer Squash, halved lengthwise and sliced into half moons 

1 Zucchini, halved lengthwise and sliced into half moons 

1 Tbsp Lemon Juice

4 Oz Crumbled Feta

2 Sprigs Fresh Thyme, leaves removed

½ Cup Fresh Basil, torn

Allergen Swap

Gluten Substitute traditional gnocchi for gluten-free gnocchi

Dairy Substitute feta cheese for a dairy-free cheese alternative

Nourishment Note



Extra Virgin Olive Oil

Olive oil is rich in monounsaturated fats. These types of fats may help to reduce the risk of heart disease. This is important because women with MS may be at higher risk of developing heart disease. The oleic acid in olive oil may also reduce inflammation.



Summer Squash & Zucchini

A plant-based diet, rich in colorful fruits and vegetables, may be incredibly beneficial for those with MS due to their high antioxidant levels. Antioxidants may help to slow the disease progression of MS by preventing cell damage caused by free radicals in the body.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Prepare Gnocchi

Cook gnocchi in a large pot according to package directions. Using a slotted spoon, remove gnocchi from pot and set aside in a large bowl.

3. Combine and Sauté

In a large skillet, heat the oil until it shimmers, then add the garlic. Cook for 30 seconds. Add the sliced zucchini and summer squash to the skillet and sauté, stirring occasionally, until crisp-tender, about 7-8 minutes.

4. Garnish & Serve

Once cooked, pour the squash mixture over the gnocchi. Sprinkle in the lemon juice, feta, thyme, and basil. Stir to evenly coat and serve.

5. Wash Hands

Wash hands with soap and water.

Recipe adapted from [realsimple.com](https://www.realsimple.com)

What You'll Need



Large Saucepan



Slotted Spoon



Skillet



Cutting Board



Measuring Cup



Measuring Spoon



Large Bowl

Fatigue Buster

- Instead of using fresh herbs, sprinkle liberally with dried thyme and basil.
- Use pre-minced garlic instead of garlic cloves.
- Use a mandoline to quickly cut squash into rounds.
- If using a deep skillet, cook the gnocchi and squash in the same dish to reduce clean up time.