

# Toasted Gnocchi with Asparagus and Edamame

Farmers' markets are bursting with asparagus, and we're celebrating its season by pairing it with peas and edamame. We sauté them with just enough cream and Parmesan to add some richness, then serve them over toasted gnocchi. The result is fresh, filling and downright delicious. Dinner doesn't get much better than that.

**25** *Minutes to the Table*

**10** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Rimmed Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Potato Gnocchi  
Peas & Edamame  
Asparagus  
Lemon  
Cream Sauce  
Parmesan

## Make The Meal Your Own

**Dedicated omnivores** can add tilapia. Bread it, then pan-sauté and serve over the gnocchi.

**Cooking with a picky eater?** This is a crowd-pleaser. If you're eating with someone who doesn't love asparagus, though, cook it separately and serve on the side.

## Good To Know

**If you're making the vegan version**, we've left the cream and Parmesan out of your meal. The result is a light, bright meal that we love. Just use a little extra olive oil as you cook.

**If you're making the gluten-free version**, we've given you gluten-free gnocchi. Check it after 12 to 15 minutes because it cooks a bit faster than regular gnocchi.

**Health snapshot per serving** – 640 Calories, 13g Fat, 34g Protein, 788mg Sodium, 16g Fiber, 18 Smart Points.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Asparagus, Potato Gnocchi, Edamame, Peas, Heavy Cream, Lemon, Parmesan Cheese

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### 1. Getting Organized

Preheat your oven to 375.

### 2. Toast the Gnocchi

Put the **Potato Gnocchi** on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss, then arrange in a single layer and bake the gnocchi until slightly crunchy on the outside, about 16 to 18 minutes, stirring once after 10 minutes of cooking..

*You can pan-fry the gnocchi, instead. It's a little faster, but be sure to use plenty of oil so the gnocchi don't stick.*

### 3. Sauté the Vegetables

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Peas & Edamame** and cook for 2 to 3 minutes. Add the **Asparagus** and cook until it turns bright green and has a sear on it, about 5 minutes. Set aside.

Cut the **Lemon** into wedges, squeeze the juice into the pan and add 1 of the wedges into the pan as well. Add the **Cream Sauce, Parmesan** and the toasted gnocchi. Turn the heat back to medium high and cook for 2 minutes. Season with salt and pepper to taste. Take out the lemon wedge and serve the gnocchi with the asparagus, peas and edamame.

*Add a few tablespoons of water if you'd like the sauce looser at the very end.*

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**