

Lunch | Dinner

# Lemon Herb Gnocchi

Side Effect: Altered Taste

**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, **peeled** and chopped

2 Summer Squash, **washed** and cut lengthwise and then into half moons

1 Zucchini, **washed** and cut lengthwise and then into half moons

1 Tbsp Lemon Juice, **wash lemon before juicing**

4 oz **Pasteurized** Feta Cheese, crumbled

2 Sprigs Fresh Thyme, **washed** and leaves removed

½ Cup Fresh Basil, **washed** and torn into small pieces

### Allergen Swap

**Gluten** Replace the gnocchi with gluten-free gnocchi or any type of gluten-free pasta.

**Dairy** Replace the feta cheese with a dairy-free version.

### 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. The oleic acid in olive oil may also reduce inflammation.



#### **Lemon**

Citrus foods, such as limes, lemon, or oranges, can help add flavor to dishes when foods may taste bland.



#### **Herbs**

Herbs can help add flavor to dishes that may have little to no taste.

## Instructions

### 1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

### 2. Cook Gnocchi

Cook gnocchi in a large pot according to package directions. When finished, set aside in a large bowl.

### 3. Sauté Zucchini & Squash

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. Combine Ingredients & 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. Store

Pasta will keep covered in the fridge for up to 3 days.

### 6. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

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

## What You'll Need



Large Saucepan



Slotted Spoon



Skillet



Cutting Board



Knife



Measuring Cup



Measuring Spoon



Large Bowl

### Fatigue Buster

- Ask a friend or family to help prepare this pasta dish.