Gnocchi with Swiss Chard

1 teaspoon extra virgin olive oil
1 – 16 ounce package gnocchi (potato dumplings)
1 medium yellow onion, thinly sliced
2 Tablespoons minced wet garlic
1/2 cup tap water
6 cups chopped Swiss chard leaves (or spinach)
1 – 15 ounce can of diced tomatoes with basil and garlic
1 – 15 ounce can of white beans, unsalted
1/4 teaspoon black pepper
1/4 cup shredded mozzarella cheese, reduced fat
1/4 cup grated parmesan cheese

Boil gnocchi as per the package instructions (until it floats). Remove and let cool.

Heat olive oil in a large nonstick skillet over medium heat. Add gnocchi and stir fry until they start to brown, about 5 minutes. Transfer to a bowl.

Add the onion to the pan and cook, stirring, over medium heat for 2 minutes. Stir in garlic and water. Cover and cook until the onion is soft, about 4 minutes. Add the chard and cook, stirring, until it starts to wilt, 1 to 2 minutes. Stir in tomatoes, beans and pepper and bring to a simmer. Stir in the gnocchi and sprinkle with the mozzarella and parmesan.

Cover and cook until the cheese is melted and the sauce is bubbling, about 3 minutes.

Serves: 6
Cost per serving: $1.59

Nutrition facts per serving
Calories: 290
Total Fat: 5 g
  Saturated Fat: 2 g
  Trans Fat: 0 g
Cholesterol: 10 mg
Sodium: 710 mg
Total Carbohydrate: 48 g
Fiber: 6 g
Sugars: 8 g
Protein: 13 g