SUMMER VEGETABLE GNOCCHI SALAD



This riff on pasta salad is best served warm, while the gnocchi is nice and tender. Plus, the grilled veggies taste extra good fresh off the fire in this easy gnocchi recipe.

Active Time: 40 mins | Total Time: 40 mins

INGREDIENTS

- 1 (16 ounce) package whole-wheat gnocchi
- 1 small eggplant, sliced lengthwise into 1/2-inch planks
- 1 medium zucchini, sliced lengthwise into 1/2-inch planks
- 1 medium yellow squash, sliced lengthwise into 1/2-inch planks
- 1 ear corn, husked
- ½ medium red onion, cut into 1/2-inch-thick rings
- 4 tablespoons extra-virgin olive oil, divided
- 2 tablespoons balsamic vinegar
- 2 tablespoons chopped fresh basil
- 2 cloves garlic, grated
- ½ teaspoon ground pepper
- ¼ teaspoon salt
- ½ cup crumbled feta cheese

NUTRITION PROFILE

Nut-Free Healthy Aging Soy-Free High-Fiber Vegetarian Egg-Free Low-Calorie

DIRECTIONS

Step 1

Preheat grill to medium-high.

Step 2

Boil 16 ounces of gnocchi according to package directions. Drain.

Step 3

Meanwhile, brush 1/2-inch plank slices from 1 eggplant, 1 zucchini and 1 squash, plus 1 ear of corn and 1/2 onion with 2 tablespoons oil. Grill the vegetables, turning occasionally, until charred and tender, 6 to 10 minutes total. Transfer to a cutting board. Remove the corn kernels from the cob and cut the other vegetables into bite-size pieces.

Step 4

Whisk the remaining 2 tablespoons oil, 2 tablespoons vinegar, 2 tablespoons basil, 2 garlic cloves, 1/2 teaspoon pepper and 1/4 teaspoonsalt in a large bowl. Add the gnocchi and the vegetables and toss to coat. Serve sprinkled with 1/2 cup feta.

NUTRITION FACTS

Serving Size: 2 cups 445 calories; total fat 19g; saturated fat 4g; cholesterol 13mg; sodium 691mg; total carbohydrate 60g; dietary fiber 9g; total sugars 12g; protein 13g; vitamin c 32mg; calcium 128mg; iron 2mg; potassium 921mg

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