

# MedWatch RECIPES

T O D A Y

## Pan Fried Gnocchi

*by Executive Chef Rafael Hernandez, Clovis Community Medical Center*

Yield: Serves 10

### *Ingredients:*

- 5 Tbl Extra Virgin Olive Oil
- 15 Tbl Unsalted Butter
- 10oz Vegetable or Chicken Stock
- 17.5oz Precooked Gnocchi
- 1lb Oyster Mushrooms, halved
- 2lb Brussels Sprouts, halved
- 1.25lb Butternut Squash, diced
- 5 tsp Flat Leaf Parsley, chopped
- 2-3 tsp Sea Salt
- 1-2 tsp Ground Black Pepper
- 1/3 cup Parmesan Cheese, grated

### *Directions:*

1. In a large pot, boil water and add Brussel sprouts and butternut squash. Cook for 15min until al dente. Then, blanch them by putting them in a bowl filled with ice water (*this rapidly stops the cooking process and keeps more color and nutrients in your vegetables*).
2. Place oil in a skillet over medium-high heat. Add cooked gnocchi; turn the heat up to high, then leave to cook for about 30 seconds. Add mushrooms.
3. Add blanched butternut squash and Brussel sprouts and cook for 1min until gnocchi is golden on both sides.
4. Add vegetable stock and toss until liquid becomes slightly thicker in to a sauce.
5. Add the butter, chopped parsley and parmesan cheese and stir quickly.
6. Season with salt and pepper. Toss and serve immediately with additional cheese if desired.

Note: You can also add a cooked protein if desired.