



# Chickpea, Spinach and Squash Gnocchi

Shine365  
Marshfield Clinic

**PREP TIME:** 35 minutes • **SERVINGS:** 4

## INGREDIENTS

- 1 pound gnocchi, whole grain is preferable
- 1 tablespoon plus 1 teaspoon extra-virgin olive oil
- 2 cups thinly sliced peeled butternut squash or unpeeled delicata squash (1- to 2-inch-long slices)
- ½ cup sliced shallots (1-2 medium)
- 2 cloves garlic, minced
- 1 14-oz can low-sodium vegetable broth
- 2 tablespoons dried cranberries
- 1 tablespoon chopped fresh sage or 1 teaspoon dried rubbed
- ¼ teaspoon freshly ground pepper
- 8 cups fresh spinach, coarsely chopped
- 1 15-oz can chickpeas, rinsed
- ¼ cup balsamic vinegar reduction or 2 tablespoons balsamic vinegar (see note)

**NOTE:** Balsamic vinegar reduction is sometimes called balsamic glaze or balsamic drizzle. Bring 1 cup balsamic vinegar to a boil in a small saucepan over medium-high heat. Cook until syrupy and reduced to about 1/4 cup, 10 to 14 minutes. (Watch the syrup carefully in the last few minutes of reducing to prevent burning.)

## INSTRUCTIONS

Cook gnocchi in a large pot of boiling water according to package directions. Drain, rinse and pat dry.

Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add gnocchi and cook, stirring often, until starting to brown, 5 to 7 minutes. Transfer to a bowl.

Add the remaining 1 teaspoon oil, squash, shallots and garlic to the pan and cook, stirring, for 2 minutes. Stir in broth, dried cranberries, sage and pepper. Bring to a boil. Reduce heat to maintain a simmer and cook, stirring, until the squash is almost cooked through, 6 to 8 minutes. Add spinach, chickpeas and the gnocchi and cook, gently stirring, until the spinach is wilted, about 2 minutes more.

Serve drizzled with balsamic reduction or balsamic vinegar.

## NUTRITION INFORMATION

Each serving (1½ cup) contains about 485 calories; 6 g fat; 92 g carbohydrates; 15 g protein; 9 g sugar; 619 mg sodium. (Nutrition bonus: vitamin A, 225%; vitamin C, 53%; folate, 33%; magnesium, 19%; potassium, 17%; calcium, 16%.)

Source: [www.eatingwell.com](http://www.eatingwell.com)  
Find more recipes at [shine365.marshfieldclinic.org](http://shine365.marshfieldclinic.org)