

GNOCCHI & BRUSSELS SPROUTS

3-4 servings | 20 minutes active time | 20 minutes total time | Easy

About

A dish so rich and buttery that no one would guess it's vegan!

Ingredients

- 1 lb. fresh Brussels sprouts
- 16 oz. package of gnocchi
- 3-4 slices vegan ham, cut into approximately 2 mm strips
- 1/4 onion, thinly sliced
- 3 cloves garlic, minced
- Zest of 1 lemon
- Juice of 1 lemon
- 1 cup white wine
- 1/3 cup vegan buttery spread (such as Earth Balance)
- Salt and pepper to taste
- Vegan parmesan (optional)

Directions

- Steam the Brussels sprouts for 4 minutes and immediately put into ice water. Remove to a bowl when cool.
- Cook gnocchi in boiling water for 2 minutes and immediately put into ice water. Remove to a bowl when cool.
- Prepare ingredients:
 - ✦ Trim and halve the parcooked and cooled Brussels sprouts.
 - ✦ Thinly slice the onion.
 - ✦ Mince the garlic.
 - ✦ Cut the vegan ham into strips.
 - ✦ With a microplane or fine edge of a grater, zest a lemon.
 - ✦ Juice the lemon into a small bowl, removing the seeds.
- Preheat a large skillet over medium-high heat. Melt 2-3 tablespoons of buttery spread and add the Brussels sprouts, cut side down.
- Once the sprouts have just started to brown, add the onion, garlic and ham and stir, adding buttery spread as necessary.
- When the onion is tender, add the gnocchi, lemon zest and remaining buttery spread. Sauté until the gnocchi begins to brown.
- Add the lemon juice and wine. Heat through while stirring. The liquids will cook down a bit and mix with the starch of the gnocchi to create a sauce.
- Top with vegan parmesan if desired.



Notes

1. For a gluten-free dish, be sure to use gluten-free gnocchi, and omit the vegan ham.