

Gnocchi with Sautéed Swiss Chard and Kale Pesto

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/sauteed-swiss-chard-and-kale-recipe>

Ingredients:

- 2 cups kale leaves roughly chopped
- 1/4 cup fresh mint leaves or a combination
- 2 tablespoons sunflower seed kernels, toasted
- 1 clove garlic
- 1/4 cup freshly grated Parmesan cheese
- 1/2 cup extra virgin olive oil
- 1 teaspoon fresh squeezed lemon juice
- 1/2 teaspoon kosher salt or to taste
- freshly ground black pepper
- 1 pound potato gnocchi
- 1 tablespoon butter
- 1 1/2 cups red onion thinly sliced lengthwise
- 1 teaspoon turbinado sugar
- 1 teaspoon kosher salt
- 4 cups Swiss chard chopped, or kale leaves
- 1 tablespoon olive oil

Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 55 grams
3. Cholesterol: 15 milligrams
4. Fat: 38 grams
5. Fiber: 4 grams
6. Protein: 9 grams
7. SaturatedFat: 7 grams
8. Sodium: 1510 milligrams
9. Sugar: 4 grams

Thank you for visiting our website. Hope you enjoy Gnocchi with Sautéed Swiss Chard and Kale Pesto above. You can see more 17 sautéed swiss chard and kale recipe They're simply irresistible! to get more great cooking ideas.