



"Vegetables are a must on a diet. I suggest carrot cake, zucchini bread and pumpkin pie."

- Jim Davis

**A FARE
DEAL**

Ingredients

4 oz	<i>broccoli</i>
4 oz	<i>julienne bell peppers</i>
4 oz	<i>diced zucchini</i>
3 oz	<i>button mushrooms</i>
3 oz	<i>julienne red onion</i>
6 oz	<i>fresh roma tomatoes</i>
6 oz	<i>roasted tomato sauce</i>
2 oz	<i>shredded parmesan</i>
16 oz	<i>fresh gnocchi</i>

*Amounts prepared are for two servings
724 Calories per portion*

Mise en place

All ingredients have been prepared for your convenience.

Gnocchi

Bring 9 cups of water to a boil. Add gnocchi and cook until it floats to the top.
Remove from water and cool under running cold water. Drain and set aside.

Final Preparation

In a large skillet, add 1 tbsp oil and place on medium high heat.

Add all vegetables, excluding the tomatoes.

Sauté until slightly translucent, approximately 6 minutes, tossing frequently.

Add sauce and heat through. Add gnocchi and repeat.

Portion out and top with tomatoes and cheese.

Enjoy!

Prepared and packaged at
A FARE DEAL
by An Affair to Remember Catering
3716—2 Street N.E
Calgary, Alberta
T2E 3H7
(403) 245-5774

A FARE DEAL.ca