

COOKING FOR WELLNESS

February 2025



CANCER SUPPORT
COMMUNITY
GREATER ANN ARBOR

YIELD: 4 SERVINGS

Baked Feta Gnocchi

This easy recipe for Baked Feta Gnocchi is a flavorful one dish meal that is perfect for dinner! Easily adapted to be gluten free, this is a weeknight dinner idea that everyone will love.

PREP TIME

10 minutes

COOK TIME

35 minutes

TOTAL TIME

45 minutes



Ingredients

- 2 pints (682g) cherry tomatoes
- 1/2 cup extra virgin olive oil
- 1 8oz (227g) block feta cheese
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 3 cloves garlic, minced
- 1/4 cup chopped basil leaves (plus more for garnish, if desired)

Gnocchi

- 1 1/2 pounds (750g) packaged gnocchi (approximately 5 1/2 cups)
- Boiling salted water

Instructions

1. Preheat your oven to 425°F.
2. Add your cherry tomatoes to a large 9X13 baking dish.
3. Add the olive oil, salt, and pepper to the baking dish. Toss to coat the cherry tomatoes with the oil and seasonings.
4. Clear a section in the middle, and place your entire block of feta cheese into the center of the baking dish.
5. Bake in the preheated oven for 30-35 minutes, or until bubbly.

6. When there is 10-15 minutes left, bring a large pot of hot tap water to a boil. Salt well after it comes to a boil.
7. Add the gnocchi to the boiling salted water, and cook for 3-5 minutes, or until they float to the top. Set a collander over the sink, and remove the gnocchi as they float, until all are cooked.
8. Once the cooking time is up, *ONLY IF your baking dish is broiler safe, set the oven to broil and cook for 2-3 minutes, or until super bubbly and the tomatoes have begun to blister and the feta brown. Watch very closely, as it can burn quickly.
9. Remove from the oven and add in the minced garlic and fresh chopped basil. Stir to combine, using a wooden spoon or spatula to break up the feta cheese and tomatoes.
10. Once you have a chunky sauce, and it's mostly uniform, add the cooked gnocchi and toss well to combine.
11. Serve immediately, and garnish with additional basil if desired.

Notes

Adapted From: [Baked Feta Pasta](#) - Feel Good Foodie

Nutrition Information: YIELD: 4 SERVING SIZE: 1

Amount Per Serving: CALORIES: 368 TOTAL FAT: 29g SATURATED FAT: 5g TRANS FAT: 0g
UNSATURATED FAT: 23g CHOLESTEROL: 20mg SODIUM: 235mg CARBOHYDRATES: 23g FIBER: 2g
SUGAR: 2g PROTEIN: 5g

Nutrition information is an estimate only.



Did you make this recipe?

Leave a comment below and let us know how it went! Or tag me @littlehomeinthemaking on Instagram!

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CUISINE: Italian

<https://www.littlehomeinthemaking.com/baked-feta-gnocchi/>

Falafel Salad

This falafel salad is packed with fresh vegetables, drenched with a tangy tahini dressing, and is 100% vegan.

Prep Time	Cook Time	Total Time
20 mins	20 mins	40 mins



Total Cost: \$6.28 recipe / \$1.57 serving Servings: 4 to 6

Author: [Beth Moncel](#)



4.82 from 37 votes

Ingredients

TAHINI DRESSING

- 1/3 cup tahini sesame seed paste \$1.08
- 1/3 cup water \$0.00
- 1/4 cup lemon juice \$0.18
- 2 cloves garlic, peeled \$0.16
- 1/2 tsp ground cumin \$0.05
- 1/4 tsp cayenne pepper \$0.03
- 1/2 tsp salt \$0.02

SALAD

- 1 bunch flat leaf parsley \$0.89
- 1 bunch cilantro \$0.85
- 1 19oz. can chickpeas \$1.50
- 1/2 cup uncooked bulgur \$0.77
- 2 tomatoes (about ¾ lb.) \$0.75

Instructions

1. To make the dressing, smash the garlic cloves under the blade of a knife or roughly chop them. Add the garlic, tahini, water, lemon juice, cumin, cayenne, and salt to a blender. Blend until the mixture is smooth and the garlic is in small pieces. Refrigerate the dressing until ready to use.
2. To cook the bulgur, place the dry bulgur in a sauce pot. Cook and stir the dry bulgur (without water or oil) over medium heat for two minutes to toast it slightly. Add one cup of water and bring the mixture up to a boil. Add a lid to the pot, turn the heat down to low, and let it simmer for 20 minutes. After 20 minutes, fluff the bulgur and transfer it to the refrigerator without a lid to cool.
3. Wash the parsley and cilantro well under cool water. Shake as much water off as possible. Pull the leaves from the stems and then roughly chop the leaves. Place the chopped parsley and cilantro in a bowl.
4. Dice the tomato and add it to the bowl. Rinse and drain the chickpeas, then add them to the bowl. Finally, add the cooled bulgur to the bowl and stir to combine the ingredients. Add a

liberal amount of the tahini dressing and stir until everything is well coated.

See how we [calculate recipe costs here](#).

Notes

Want to add more? Diced cucumbers or crumbled feta would also be amazing in this.

Nutrition

Serving: 1 Serving | Calories: 405.03kcal | Carbohydrates: 53.78g | Protein: 18.38g | Fat: 15.85g | Sodium: 786.4mg | Fiber: 16.03g

Falafel Salad <https://www.budgetbytes.com/falafel-salad/>



Butternut Squash and Black Bean Enchilada Skillet

★★★★★

Flavorful butternut squash and black bean enchilada skillet filled with fiber and protein for a delicious dinner the whole family will love. This easy vegetarian enchilada skillet comes together in 30 minutes and is

great for meal prep!

Course	Dinner, Healthy, Mexican, Vegetarian
Cuisine	American, Mexican
Keyword	black bean enchilada skillet, butternut squash enchilada skillet, enchilada skillet, vegetarian enchilada skillet
Prep Time	20 minutes
Cook Time	20 minutes
Total Time	40 minutes
Servings	4 servings
Calories	405cal
Author	Monique Volz of AmbitiousKitchen.com

Ingredients

- 1 tablespoon olive oil or avocado oil
- 3 cups 1/2-inch-diced, peeled butternut squash (from about a 2-lb. squash)
- salt and pepper, to season
- 1 medium yellow onion, diced
- 3 cloves garlic, minced
- 1/2 jalapeno, diced (and seeded if you want less spice)
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 (15 ounce) can black beans, drained and rinsed
- 8 yellow corn tortillas, cut into thick strips
- 1 (15 ounce) can red enchilada sauce
- 1 cup shredded colby jack or mexican cheese (or whatever you prefer), divided
- cilantro and greek yogurt, for serving

Instructions

1. Add olive oil to a large oven-proof skillet and place over medium heat. Add onions, garlic, and jalapeno and cook 3-5 minutes until onions become translucent and garlic is fragrant. Add cubed squash, cumin and chili powder and season with salt and pepper. Cook, stirring occasionally, until the squash is slightly tender, about 10 minutes or so. Sometimes it helps if you cover the pan with a lid to create condensation, which will help to speed up the cooking

time. You want the squash to be fork tender, but not so tender that it starts to fall apart and become mush.

2. Next, add the black beans, corn tortilla pieces, and the can of enchilada sauce and stir to combine. Reduce heat to medium-low and sprinkle in 1/2 cup of cheese. Stir again and simmer for a few minutes. Turn on your oven broiler to high. Sprinkle an additional 1/2 cup of cheese (or more if you'd like!) over the top of the enchilada mixture and place in oven under broiler for 3-5 minutes until cheese melts. Remove from oven and serve immediately. Feel free to add in cilantro. Serve with sour cream, guacamole, or hot sauce if you'd like! Enjoy.

Notes

See the full post for tips, tricks & ways to customize this enchilada skillet!

Nutrition

Serving: 1 serving (based on 4) | Calories: 405cal | Carbohydrates: 42.8g | Protein: 16.8g | Fat: 12.5g | Fiber: 13.7g | Sugar: 7.5g