

COOKING FOR WELLNESS

AUGUST 2026



CANCER SUPPORT
COMMUNITY
GREATER ANN ARBOR

Quick & Easy Gnocchi with Vegetables



This Quick & Easy Gnocchi with Vegetables can be ready in 15 minutes. Perfect for busy weeknights, the buttery corn and tomato sauce takes store bought gnocchi to the next level.

★★★★★ 5 from 1 vote



Share



Save



PREP TIME

5 mins

COOK TIME

15 mins

TOTAL TIME

20 mins



COURSE

CUISINE

SERVINGS



CALORIES

INGREDIENTS

- 1 lb Gnocchi - I used store bought
- 4 tbsp Butter - divided
- 2 Shallots - finely diced
- 1 cup Corn - from 2 ears, frozen is also fine
- 10 oz Cherry Tomatoes - on-the-vine if possible
- ½ cup Grated Parmesan or Vegetarian Alternative - optional, plus more for serving
- Fresh Basil - to serve
- Sea Salt and Black Pepper

INSTRUCTIONS

1. Bring a large pan of salted water to a boil and cook the gnocchi according to the packet instructions.
2. Once cooked, drain and reserve ½ cup of the cooking water.
3. Meanwhile melt 2 tablespoons butter over a medium heat in a large frying pan/skillet. Cook the shallots and corn on a medium heat until they start to color and soften. This should take around 8 minutes. Season well with sea salt and black pepper.
4. Add the cherry tomatoes and turn down the heat. Cook everything together for a further 5 minutes until the tomatoes start to burst. Stir through another 2 tablespoons of butter.
5. Stir the cooked and drained gnocchi into the skillet and stir in ¼ -½ cup of the reserved cooking water to make a buttery sauce.
6. Add another 1-2 tablespoons butter if you like - this is entirely optional depending on how buttery you would like the sauce to be.
7. Stir in the grated parmesan or veggie alternative.
8. Taste and check the seasoning. Adjust if needed,
9. Serve with fresh basil and more grated cheese if using.

NUTRITION

Calories: 447kcal

Carbohydrates: 54g

Protein: 12g

Fat: 22g

Saturated Fat: 13g

Trans Fat: 1g

Cholesterol: 56mg

Sodium: 735mg

Potassium: 301mg

Fiber: 4g

Sugar: 5g

Vitamin A: 1081IU

Vitamin C: 19mg

Calcium: 180mg

Iron: 5mg

Nutritional information is provided as a courtesy only and should be taken as an estimate rather than a guarantee. Ingredients can vary and the Family Food Kitchen can't guarantee the accuracy of this information.

**Tried this recipe?**

Let us know how it was!

SHARE RECIPE BY EMAIL

(c) The Family Food Kitchen Quick & Easy Gnocchi with Vegetables <https://thefamilyfoodkitchen.com/gnocchi-vegetables/>

Smashed Date S'mores

★★★★★
5 from 2 votes

These viral smashed date s'mores are made with medjool dates, marshmallow fluff, chocolate and gluten-free graham crackers. They come together in just 10 minutes for an easy no-bake treat that's under 100 calories each.

Prep Time 10 mins	Chill Time 15 mins	Total Time 25 mins
----------------------	-----------------------	-----------------------

Course: Dessert Cuisine: American Diet: Gluten Free Servings: 12 Author: Brittany Mullins

Ingredients

- 6 medjool dates pitted
- 12 Tablespoons organic marshmallow fluff
- 12 Simple Mills Sweet Thins plus 1-2 more for topping
- 1/3 cup Lily's chocolate chips
- 1/2 teaspoon coconut oil

Instructions

1. Slice each date in half lengthwise and remove the pit, if needed.
6 medjool dates
2. Line a small baking sheet or plate with parchment paper. Place the date halves cut-side up and press each one flat using a piece of parchment paper so they don't stick to your hands.
3. Spoon about 1 Tablespoon of marshmallow fluff onto each smashed date.
12 Tablespoons organic marshmallow fluff
4. Press a Sweet Thin cracker into the marshmallow fluff.
12 Simple Mills Sweet Thins
5. Melt the chocolate chips and coconut oil in a microwave-safe bowl in 30-second intervals, stirring between each, until smooth.
1/3 cup Lily's chocolate chips, 1/2 teaspoon coconut oil
6. Drizzle the melted chocolate over each date, covering as much of the cracker as possible.
7. Sprinkle with crushed Sweet Thin crumbs and refrigerate for 15 to 20 minutes, or until the chocolate and marshmallow fluff are set.
Enjoy immediately or store leftovers in an airtight container in the fridge.

Notes

- **Storage:** Store leftovers in an airtight container in the refrigerator for up to 5 days or freeze for up to 3 months.
- **Gluten-free option:** I used Simple Mills Sweet Thins, but regular graham crackers work just as well if you don't need this recipe to be gluten-free.
- **Dates:** Soft, fresh Medjool dates work best. If your dates are dry, soak them in warm water for 5 to 10 minutes, then pat dry before using.
- Inspired by @melissas_healthykitchen

Nutrition

Serving: 1 date | Calories: 94kcal | Carbohydrates: 19g | Protein: 1g | Fat: 2g | Saturated Fat: 1g | Sodium: 12mg | Potassium: 92mg | Fiber: 2g | Sugar: 12g

Thank You! <https://www.eatingbirdfood.com/smashed-date-smores/>

Chickpea Cauliflower Burger

Author: Amy Estes Total Time: 40 minutes Yield: 4 burgers 1x Diet: Gluten Free

Hearty chickpeas, fluffy riced cauliflower, vibrant sundried tomatoes and fresh parsley formed into these delicious, sturdy chickpea burgers that will soon become your new favorite veggie burger!



INGREDIENTS

SCALE 1x 2x 3x

- 1/2 cup riced cauliflower (you can use store-bought)
- 1 (15 oz) can chickpeas (drained and rinsed)
- 1/2 cup almond flour
- 2 cloves of garlic (minced)
- 2 tablespoons sun-dried tomato paste (or 1/4 cup sun-dried tomatoes)
- 2 tablespoons fresh chopped parsley
- 2 tablespoons olive oil
- 3/4 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 1/4 cup Italian seasoned breadcrumbs (you can use gluten-free)

INSTRUCTIONS

1. Place all ingredients, except 1 tablespoon of the olive oil and the breadcrumbs, into the bowl of a food processor and pulse to combine all of the ingredients, scraping down the sides in between pulses. Add some water 1 teaspoon at a time if the mixture looks too dry. Then add in the breadcrumbs and pulse to combine. Once the mixture is fully combined, transfer it to a medium-sized mixing bowl.
2. Cover and refrigerate for at least 30 minutes.

3. Remove the burgers from the refrigerator, preheat the oven to 400° F, and spray a baking sheet with cooking spray.
4. Form the mixture into 3-4 even-sized patties. I used a 1/3 cup measuring cup to scoop the mixture into my hands and form it into patties that were about 1/2 inch thick. Place the formed patties onto the baking sheet and brush each with some olive oil on both sides. This recipe makes 4-5 even-sized burgers/patties.
5. Bake for 35-40 minutes, turning the patties over halfway through the cooking time. Remove and let them cool for at least 5 minutes before serving.
6. Serve the burgers warm on toasted burger buns with your favorite sauce and toppings.

NOTES

Use **canned chickpeas** since it is way easier and these burgers need the moisture from the canned beans. Dry beans would make this burger too dry.

Make sure to chill the mixture before forming the burgers as recommended. This will help them stay sturdy and firm when baked.

You can brush the chickpea cauliflower burgers with olive oil or avocado oil. This helps them get nice and crispy.

Make these chickpea burgers ahead and just leave the mixture covered in the fridge for up to 24 hours until you are ready to make the burgers.

Form the burgers a little bit thinner than regular burgers (about 1/2 inch thick) to allow them to cook more evenly all the way through.

Store leftovers in an airtight container in the refrigerator for up to 4 days. Reheat in the microwave or in the oven until warmed through.