

Gnocchi with Mushrooms and Tuna

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Servings: 4

1 package (16 ounce) shelf-stable potato gnocchi
4 cups assorted small and/or sliced mushrooms, such as shitake or cremini
2 cloves garlic, minced
1 tablespoon olive oil
1 cup half-and-half
2 cans (5 ounce ea) solid light tuna packed in olive oil, drained and broken into chunks
2 ounces Parmesan cheese, shaved
fresh basil leaves (optional)
1/4 teaspoon crushed red pepper

Preparation Time: 15 minutes

Bake: 12 minutes

Preheat the oven to 425 degrees. Lightly grease a 1-1/2 quart au gratin dish. Set aside.

In a large pot, cook the gnocchi in lightly salted water according to package directions. Drain.

Meanwhile, in a large skillet, cook the mushrooms and garlic in hot oil over medium heat until tender. Stir in the half-and-half. Simmer, uncovered, for 5 to 7 minutes or until the liquid begins to thicken. Fold in the gnocchi and the tuna. Transfer to the prepared dish.

Bake, uncovered, for 12 to 15 minutes or until lightly browned. Sprinkle with the Parmesan cheese. Let stand for 5 minutes. Top with basil leaves, if desired, and crushed red pepper.

TO MAKE AHEAD: Prepare the casserole through step 3. Cover and chill up to 48 hours. Bake, covered, for 25 minutes. Uncover and bake for 10 to 12 minutes more or until lightly browned and heated through.

Per Serving (excluding unknown items): 97 Calories; 8g Fat (71.1% calories from fat); 6g Protein; 1g Carbohydrate; trace Dietary Fiber; 11mg Cholesterol; 264mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Vegetable; 1 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	97	Vitamin B6 (mg):	trace
% Calories from Fat:	71.1%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	4.2%	Thiamin B1 (mg):	0mg
% Calories from Protein:	24.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	8g	Folacin (mcg):	1mcg

Saturated Fat (g): 3g
Monounsaturated Fat (g): 4g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 11mg
Carbohydrate (g): 1g
Dietary Fiber (g): trace
Protein (g): 6g
Sodium (mg): 264mg
Potassium (mg): 21mg
Calcium (mg): 198mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 106IU
Vitamin A (r.e.): 30 1/2RE

Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 1
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 97 **Calories from Fat:** 69

% Daily Values*

Total Fat	8g		12%
	Saturated Fat	3g	16%
Cholesterol	11mg		4%
Sodium	264mg		11%
Total Carbohydrates	1g		0%
	Dietary Fiber	trace	0%
Protein	6g		
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Vitamin A			2%
Vitamin C			1%
Calcium			20%
Iron			1%

* Percent Daily Values are based on a 2000 calorie diet.