

McCracken County High School

Roasted Gnocchi and Veggies with Pesto Chicken and Whole Grain Garlic Flatbread

Serves: 6

Ingredients:

0.80 oz.	basil leaves
0.40 oz.	parsley leaves
1½ oz.	Parmesan cheese, grated
4½ Tbsp	olive oil
2	garlic cloves
½ tsp	salt
1 Tbsp	lemon juice
¼ cup	water
24 oz.	chicken breast, skinless, boneless, and trimmed
2 Tbsp	canola oil
½ tsp	paprika
½ tsp	onion powder
½ tsp	salt
½ tsp	black pepper
3 cups	gnocchi
10 oz.	grape tomatoes, halved
12 oz.	red onion, thinly sliced
5 oz.	red bell pepper, thinly sliced
5 oz.	orange bell pepper, thinly sliced
5 oz.	yellow bell pepper, thinly sliced
1 Tbsp	canola oil
1½ tsp	Italian seasoning
¼ tsp	salt
¼ tsp	lemon pepper
½ tsp	garlic powder
¼ tsp	red pepper flakes
1 cup	mozzarella cheese, shredded

Whole Grain Garlic Flatbread:

1 1/3 cup	whole wheat flour
1 cup	all-purpose flour
2 Tbsp	nonfat yogurt, plain or Greek
2/3 cup	skim milk
3 Tbsp	olive oil
1 tsp	baking soda
1 tsp	baking powder
1/8 tsp	course sea salt
2 Tbsp	olive oil
2	garlic cloves
2 Tbsp	parsley

Instructions

Gnocchi and Veggies with Pesto Chicken:

1. Pre-heat oven to 425 degrees.
2. For pesto, measure basil, parsley, parmesan cheese, olive oil, salt, lemon juice, and water in a blender or food processor. Blend until the mixture is a fine puree. If the mixture is too thick, add 1 tsp water until it is thin enough to drizzle. Set aside. Refrigerate any leftover pesto.
3. For the chicken, trim fat and cut into manageable pieces if the breasts are too thick. Heat a saute pan with 2 Tbsp vegetable oil on medium high. Season the chicken on both sides with paprika, onion powder, salt, and pepper. Sear the chicken in the pan until golden brown. Put a lid on the pan and turn the heat down to medium or medium low. Cook the chicken until a thermometer reads 165 degrees in the thickest part of each breast. Let rest.
4. For the roasted gnocchi and vegetables, place the uncooked gnocchi, tomatoes, red onion, and peppers in a hotel pan or large bowl. Add 1 Tbsp vegetable oil and toss the ingredients. Spread gnocchi and veggies on a sheet pan covered in parchment. Evenly season veggies and gnocchi with the Italian seasoning, salt, lemon pepper, garlic powder, and red pepper flakes. Roast in preheated oven for 15-20 minutes (8-10 minutes in a convection oven) or until the vegetable mixture is lightly browned and the desired texture. Remove from the oven and sprinkle evenly with mozzarella cheese. Return to the oven for another 1-3 minutes or until the cheese has melted.
5. Cut the chicken in slices. Plate the roasted veggies, place the chicken on top of veggies, and drizzle with 1-2 Tbsp pesto. Garnish as desired.

Whole Grain Garlic Flatbread:

1. Whisk together whole wheat flour and all-purpose flour, and set aside.
2. In a medium bowl, mix together yogurt, milk, 3 Tbsp olive oil, baking soda, and baking powder.
3. Mix in flour slowly until the dough comes together and is still soft but not sticky. Knead a few times until the dough forms a ball.
4. Let the dough rest for 30 minutes to 1 hour.
5. Meanwhile, mix 2 Tbsp olive oil and garlic, and set aside.
6. After the dough has rested, cut into 8 equal pieces. Roll out each piece very flat. Lightly sprinkle coarse sea salt across the top of the pieces.
7. Heat a dry non-stick skillet or griddle over medium high heat. Place the flattened dough on the skillet and flip after one side is cooked and has spots of golden brown. The dough may puff slightly and have small air bubbles. Adjust the heat accordingly so that there are golden brown spots but no burning.
8. Brush the garlic oil on each piece and sprinkle with parsley.
9. Cut each flatbread in two for four pieces each.

Nutritional Value: calories: 727, saturated fat: 7g, sodium: 869mg