

Foodnity Recipes

Crispy Gnocchi Salad With Yogurt Dressing

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb potato gnocchi (store-bought or homemade)
- [ ] 2 tbsp unsalted butter
- [ ] 1 cup plain Greek yogurt
- [ ] 1 tbsp honey
- [ ] 1 tsp apple cider vinegar
- [ ] Zest of 1 lemon
- [ ] 2 tbsp fresh parsley, chopped
- [ ] 1 tbsp fresh dill, chopped
- [ ] Salt and freshly ground black pepper to taste

Optional Add-ins

- [ ] 1/4 cup toasted pine nuts
- [ ] Handful of cherry tomatoes, halved
- [ ] Crumbled feta cheese

Instructions

1. Pat the gnocchi dry with a clean kitchen towel; this removes excess moisture that can steam instead of crisp.
2. Heat butter in a large non-stick skillet over medium-high heat. Add gnocchi in a single layer and sauté until golden brown on all sides, about 5-7 minutes. Transfer to a bowl.
3. In a small bowl, whisk together yogurt, honey, vinegar, lemon zest, a pinch of salt, and pepper until smooth.
4. While the gnocchi are still warm, toss them gently with the yogurt dressing. Sprinkle fresh herbs, optional pine nuts, and tomatoes. Serve immediately.

Nutrition per serving

420 kcal	12 g	48 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a tangier dressing, increase the vinegar by a teaspoon.
- For extra crunch, add toasted breadcrumbs just before serving.
- The salad is best enjoyed fresh; the gnocchi will lose crispness after sitting too long.