



A date night meal sure to impress

Simple and satisfying, this gnocchi and white bean skillet from the Ontario Bean Growers makes the perfect dinner for two. Using prepared gnocchi ensures this dish is on the table in 30 minutes.

Gnocchi and White Bean Skillet

Ingredients

- 2 tbsp (30 mL) canola oil, divided
- 1 500 g-pkg of gnocchi
- 1/2 white onion, chopped
- 2 cups (500 mL) navy beans, drained and rinsed
- 1/2 large bunch kale, stems removed, chopped
- Salt and pepper, to taste
- 1/4 cup (60 mL) grated Parmesan cheese

Dressing ingredients

- 1/4 cup (60 mL) canola oil
- Juice from half a lemon
- 2 garlic cloves, crushed
- 1 tbsp (15 mL) Italian seasoning
- 1/2 tsp (2 mL) red pepper flakes

Directions

1. Prepare gnocchi per package instructions.
2. In a large non-stick skillet, heat 1 tbsp oil over medium heat. Add boiled gnocchi and sauté until slightly crispy; about 5 to 7 minutes. Remove from pan, set aside.
3. In the same pan, add remaining oil, add onion and garlic, cook until onion is translucent; about 5 minutes. Add beans and one handful of kale at a time, cook until wilted. Remove from heat and season with salt and pepper.
4. In a jar with a lid, combine all the dressing ingredients, replace lid and shake until combined and oil starts to emulsify. Set aside.
5. In a large bowl add gnocchi, beans and kale, drizzle with dressing and toss gently to coat. Top with Parmesan cheese.

Find more recipes online at ontariobeans.on.ca. (NC)

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KATE'S KORNER



Royal LePage Real Estate Services Ltd.

Know how to maintain your leather furniture

Have you recently purchased a piece of real leather furniture? To keep it looking like new for as long as possible, regular maintenance is key. Read on to find out how to care for your investment.

Regular maintenance

Leather is delicate and needs to be treated with care. Preserve your new piece of furniture by dusting the surface weekly with a slightly damp lint-free cloth. You should also apply a specialized moisturizing product (ask your local furniture store for recommendations) a few times a year to keep the leather supple.

Placement

To avoid premature or irregular discoloration, place your leather furniture in a location where it won't be exposed to direct sunlight. Furthermore, keep it away from heat sources such as radiators, as hot air can cause the leather to dry out and crack.

Spot cleaning

Finally, be sure to clean up any spills as soon as they happen to avoid deep, permanent staining. Use a sponge soaked in soapy water or a cleansing solution to gently wipe away the mess (don't scrub). (NPT)



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