

Insight Retreat Center

NEWSLETTER

1906 Glen Canyon Rd
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Donating to IRC

All IRC retreats are offered freely, following the 2600-year Buddhist tradition of dana (generosity). And your generosity is what allows us to continue this beautiful offering. The entire support for everything at the Center—all facility and retreat-related expenses, as well as teachers—comes from donations.

It's possible to make donations of any amount to IRC using PayPal or a credit or debit card—a secure method that is quick and easy. Just click on the Donate button on the IRC website. Setting up a recurring monthly donation can be done there too, using your PayPal account.

You can also write checks payable to Insight Retreat Center and mail them to Insight Meditation Center, 108 Birch Street, Redwood City, CA 94062.

Help IRC While Buying or Selling a Home

IMC sangha member Carol Collins is a retired longtime local real estate broker with Realtor connections throughout the state. If you are thinking of buying or selling a home she can refer you to a qualified Realtor. Carol will contribute her entire referral fee to our Retreat Center, and can serve as your consultant at no charge throughout the buying or selling process. She has helped facilitate this for sangha members in San Mateo, Santa Clara, Santa Cruz and other Bay Area counties. If you have real estate questions or are thinking of purchasing or selling a home, please contact Carol at carolcollins888@gmail.com or 408/348-1385.

IRC Email List

For future e-mail newsletters & updates, please subscribe to our email list at www.insightretreatcenter.org

Gil Fronsdal: Evaluating Your Practice: Part 2

This is the second of two articles on this topic of evaluating your practice. The first article covered examining our motivations for practice, and understanding ourselves—these two might be said to constitute the context for our practice. This second article covers the practice itself—meditation instructions, aspects of balance, obstacles we come across in practice—and insight, the fruit of vipassana practice. The first article can be found here.

Understanding Meditation Instructions

You may be strongly motivated to meditate but not know how to do the practice. I meet many meditators who are vague about what they are actually doing in meditation beyond relaxing and trying to develop some focus. Some people know the basic instruction but not much about how to practice with the difficulties that may occur while attempting to follow that instruction. Some people who practice mindfulness meditation may know how to be mindful of their breath or their body sensations but have little understanding about how to be mindful of emotions or mental states. In Insight meditation there are whole series of instructions for working with the breath, body, emotions, thoughts (quality of mind), and intentions, as well as for walking meditation and mindful speaking. It is useful to be familiar with all of them.

Do you have a sense of the relationship between meditation practice and your daily life? Hopefully, for Buddhists, one's whole life is one's practice. Do you know how to live your daily life so that it supports your meditation? And conversely, do you know how to meditate so that it benefits your daily life? The poet Gary Snyder wrote:

All of us are apprenticed to the same teacher that the religious institutions originally worked with: reality. Reality insight says, "Master the 24 hours, do it well, without self-pity." It is as hard to get the children herded into the carpool and down the road to the bus as it is to chant sutras in the Buddha hall on a cold morning. One move is not better than the other; each can be quite boring, and they both have the virtuous quality of repetition. Repetition and ritual and their good results come in many forms: changing the oil filter, wiping noses, going to meetings, picking up around the house, washing dishes, checking the dipstick. Don't let yourself think these are distracting you from your more serious pursuits. Such a round of chores is not a set of difficulties we hope to escape from so that we may do our practice, which will put us on the path. It is our path.

Another possibility is that you might understand the instructions but not be sensitive to the qualities of mind that you are bringing to practice. Perhaps you are following the sensations of breathing. If you do that with striving, expectation, hesitation, or laziness, the meditation probably won't unfold well. Or a meditator might not be sure what specific area to focus on when concentrating on the breath, jumping from the breath in the belly to the sensations at the nostrils, then feeling the breath in the whole body. As a result, the mind never settles into concentration.

One's attitude toward practice is very important. Is there adequate patience, equanimity, kindness, energy, and discipline? Are you able to find the balance between having a goal in practice and at the same time being present in a way that is not preoccupied with the goal?

Balance

Is your life balanced enough to support a regular and useful meditation practice? It can be counterproductive to add meditation to a life already packed with too many activities. Do

Evaluating Your Practice, cont'd

you have a healthy balance between work and time off? Is there an appropriate balance between time with others and time alone? Do you get enough exercise so that a good sense of vitality supports your practice? Do you get enough sleep to stay awake during meditation? Some people need sleep more than meditation.

A number of factors need to come into balance during meditation itself. There is a balance between faith and wisdom, or confidence and understanding. There is a balance between energy and concentration. Teachings on the factors of awakening stress the importance of balancing the quieting forces of calm, concentration, and equanimity with the activating forces of investigation, effort, and joy.

The balance between the body and the mind is also important. Ideally, meditation practice engages both. One very useful thing to cultivate in meditation is a balanced meditation posture that allows for a dynamic interplay of physical relaxation with alertness or uprightness. It is possible to cultivate a body that is both soft and strong. It is much easier to work with the mind in meditation if the body has been included from the start.

Obstacles

What are your obstacles in meditation practice? Where are the attachments? Where do you get stuck? Are there any regular patterns to the challenges you have in meditation?

One of the important ways to sharpen your meditation practice is to understand the common difficulties you meet in meditation. Among many challenges meditators encounter are obsessive thinking, desires, aversions, sluggishness, restlessness, psychological or emotional issues, fear of altered states, boredom, complacency, and excessive striving. Attachment to pleasure or resistance to discomfort may also interfere. Getting familiar with which obstacles are most common in your practice can help you become more skillful in working with them.

Unethical or unskillful behavior can also be a significant obstacle to deeper states of

meditation. Here's a story that points to this idea:

Some years ago, at an alcohol treatment center in the suburbs of Chicago, staff members reported an intriguing discovery. Many of the counselors lived at some distance from the facility, each day commuting via a toll road. Then one day the state of Illinois instituted an honor system in the toll collection booths in the area. No attendant, no barrier gate, just a basket into which motorists were expected to toss their coins. Staff at the treatment center made observations that soon added up to an axiom: counselors who don't throw their money in, their patients don't get well. As one counselor phrased it, "How can you instill honesty in a program if you're not honest yourself? Honesty is indivisible."

Another interesting thing to look at is how much self is involved when you practice. Engaging excessively in forms of self-concern like self-judgment, self-criticism, self-image, self-definition undermine meditation practice. All meditation practices require the relaxing of self-preoccupation. Just like being too tense to ride a bike, the tensions around being too concerned with self can make it very difficult for the mind to be soft enough to settle into meditation.

Every meditator has challenges. Rather than viewing obstacles as problems or as unfortunate distractions, it's more useful to patiently and contentedly learn the skills and insights that can transform them into stepping stones along the path of practice. Every meditation tradition has its own approach to working with meditation obstacles. Learn to recognize your own obstacles and then you might ask a meditation teacher what her or his approach is.

Insight

An important aspect of practice is appreciating the insights that arise. The development of insight is not just a matter of becoming calm, but also of understanding how your mind works, how your heart works, and what the causes and conditions of suffering and liberation are. As you look more deeply, can you see how you create a sense of self out of all this?

We often take the self for granted. But Buddhist practice shows us that much of what we think of as self is a construct, an activity shaped moment by moment. When you see this creative aspect, you can gain an insight that is freeing.

There's also insight into beautiful states of mind: how compassion works and its value; lovingkindness and how to cultivate it. Insights into these states help to cultivate and strengthen them. One purpose in meeting with a teacher is not only to discuss your difficulties but to discuss your understandings and insights. "This is the understanding I've come to. What do you think of that?"

The most important insight is to understand how clinging works—the nature of grasping and clinging in all its gross and subtle forms. All of Buddhism will open up for you if you understand the nature of clinging, what you cling to, and how to let go.

Recognizing the Benefits of Practice

Sooner or later our practice brings benefits. Sometimes you have to be patient; sometimes, the benefits are immediate. Ideally, you see how even a single moment of meditation has immediate benefits. At the same time, I hope practitioners have some sense of how meditation can lead deeper, to the possibility of liberation.

Over time, meditation should bring clear benefits such as greater compassion, joy, ease, and self-understanding. Some people discover greater capacities for courage and resolve. Others feel increased appreciation and gratitude. And hopefully, one finds increased experiences of freedom. If after a couple years of regular meditation practice you don't experience any of these benefits, it is important to reevaluate what you are doing. Perhaps the criteria in this article could point to ways that the meditation can be improved. Or perhaps it is time to discuss your meditation practice with a good teacher. However, sooner or later I hope that all meditators can become their own teachers. Learning to evaluate one's own practice wisely is an important step toward such independence.

More Ways to Donate

Donate Your Car: Make a tax-deductible donation of a vehicle you no longer want, working or not. The Center for Car Donations will handle pick-up and all paperwork needed, and IRC will receive 75% of the sale price. Tell them you want to donate to Insight Retreat Center. Call (855) 500-RIDE and a representative will schedule your pick-up appointment and guide you through the process.

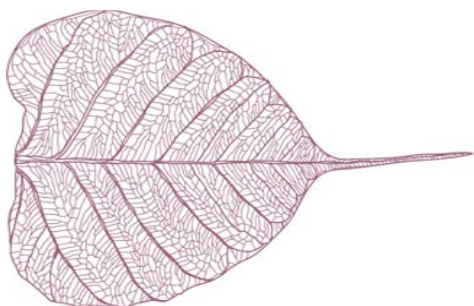
Amazon Smile: a simple and automatic way for you to support IRC every time you shop through Amazon, at no cost to you. You can find a sign-up link by clicking Donate Now on the IRC website, or from the Donate page on the IMC website.

Matching Gift from Employer: If your company has a matching gift program, ask them for its matching gift form. Our legal name is "Insight Meditation Center of the Mid-Peninsula." We are a 501(c)(3) organization and our tax ID number is 77-0450217. Please send your donation and the matching gift form to Insight Meditation Center, 108 Birch St, Redwood City, CA, 94062.

Gifts of Appreciated Stock to Benefit IRC

Gifts of stock to IMC are a great way to support IMC and IRC's while at the same time meeting your personal financial-planning objectives. In particular, if you would like to reduce or eliminate tax liability on potential capital-gains, consider making a transfer of appreciated stock to IMC or IRC to support the Dharma teaching and opportunities for practice. Consult with your financial advisor about whether this mode of giving might be useful to you as part of your overall financial planning; you can print out and fill in the form available on the IMC website or simply provide the information available there to your broker (please let your broker know whether you would like your gift to benefit IMC or IRC).

If you have any questions, feel free to contact fundraising@insightmeditationcenter.org



Schedule of Retreats

Due to COVID-19, IRC has transitioned to online retreats at least through July, 2021. All IRC retreats are opportunities to engage in full-time mindfulness training. A daily schedule includes periods of sitting and walking meditation, instructions, dharma talks, and practice discussion groups with teachers. Usually silence is maintained throughout most of the retreat, except for discussions with the teachers and communication needed for household activities. Participants agree not to use electronic devices for any purpose other than accessing the retreat.

If no registration date is shown for a particular retreat below, registration is open already. As we continue to navigate this pandemic period, changes to both schedules can happen, so it's always good to check the website for the latest updates.

- **Feb 14–21** Insight Retreat with Gil Fronsdal and Diana Clark (registration opens 10/14)
- **Feb 28–Mar 7** Insight Retreat with Gil Fronsdal and Ines Freedman (registration opens 10/28)
- **Mar 14–21** Insight Regreat with Nikki Mirghafori and Sayadaw U Jagara
- **Mar 31–Apr 4** 5-Day LGBTQI Insight Retreat with John Martin and bruni dávila
- **Apr 8–12** 5-Day BIPOC Insight Retreat with bruni dávila and Tuera Sala
- **Apr 15–18** 4-Day Insight Retreat with Diana Clark and Nikki Mirghafori
- **Apr 25–30** 6-Day Awareness and Wisdom Retreat with Andrea Fella and Alexis Santos
- **May 16–30** 2-Week Insight Retreat for Experienced Practitioners with Gil Fronsdal and Ines Freedman
- **Jun 27–July 3** Insight Retreat in Spanish with Andrea Castillo and teacher TBD
RETIRO RESIDENCIAL EN ESPAÑOL: Retiro de meditación y atención plena en silencio con periodos de meditación, pláticas de Dharma, trabajo voluntario y pláticas individuales con las maestras para hablar sobre la práctica.
- **Jul 8–11** 4-Day Insight Retreat with Ines Freedman and Diana Clark (registration opens 4/8)
- **Jul 17–31** 2-Week Mindfulness of Mind Retreat for Experienced Students with Andrea Fella

The following retreats are currently scheduled to be offered in-person, but please check the website for changes before registering:

- **Aug 11–15** 5-Day Insight Retreat with Pamela Weiss and Jozen Gibson (registration opens 4/11)
- **Sep 3–6** 4-Day Insight Retreat with Ines Freedman and Matthew Brensilver (registration opens 6/3)
- **Sep 12–26** 2-Week Experienced Students Retreat with Gil Fronsdal. Prerequisite: having attended at least four 7-day (or longer) silent Insight retreats (registration opens 4/12)
- **Oct 3–10** Just Sitting, Clear Seeing: the Meeting of Zen and Insight with Max Erdstein and Brian Lesage (registration opens 6/3)
- **Oct 31–Nov 7** Insight Retreat with Gil Fronsdal and Nikki Mirghafori (registration opens 7/1)
- **Nov 14–21** Insight Retreat with Gil Fronsdal and teacher TBD (registration opens 7/14)
- **November 28–December 5** Insight Retreat with Gil Fronsdal and Andrea Fella (registration opens 7/28)
- **Dec 13–19** Insight Santa Cruz Retreat with Bob Stahl (registration opens 8/13)

To register, for schedule changes, additions and more, visit:

**insightretreatcenter.org/retreats/
or email info@insightretreatcenter.org**



IRC Resident Volunteers: Practicing Generosity

When IRC closed to in-person retreats last March, the Resident Volunteers (RVs) living there quickly shifted to supporting the online retreat offerings, and also taking on many of the tasks outside volunteers had been doing. In addition to their RV duties, they have been offering service to the local community. Sam Pelczar, our newest RV, who moved into the center in November and is primarily assisting in the facilities area, describes for us some of these offerings:

I'd like to share some of the ways the resident volunteers at IRC have been inspired to engage in generosity over the past months. For me their expressions of generosity point to the benefits of practice flowing into the world through action that contributes to healing. Bhikkhu Bodhi writes,

Generosity (cāga) issues forth in the act of giving, by which one relinquishes attachment to things and delights in sharing them with others. Giving (dāna) thereby creates bonds of solidarity with others and fosters a sense of mutual support.

As a community, the RVs have been exploring together through Dharma discussions what a socially-engaged practice might look like or mean for each of us. The following examples are expressions of our exploration.

This past spring as the pandemic unfolded, RVs Lish Dorosin and Yanli Wang looked into how we might offer Personal Protective Equipment (PPE) to others who needed it. Yanli took inventory of PPE items stocked at IRC, and Heather Gardner contacted a friend working at Kaiser Permanente Hospital in San Jose to see if they could use some of IRC's extra PPE items. The hospital was happy to receive the offer, and soon after, Heather's friend came to IRC to collect the items. We were able to offer 15 N95 masks, 57 KN95 masks, 150 surgical masks, 450 disinfecting wipes, 8 boxes of gloves, and 12 bottles of sanitizer to the hospital in San Jose. A few weeks later we received a letter expressing their gratitude:

"We are grateful beyond words for community members like you, who are doing what you can to support Kaiser Permanente San Jose, as we continue to care for our community... As we prepare for an influx of COVID-19 positive patients, your donation will benefit our doctors, nurses, staff and patients. We are very grateful for your generosity."

Early in the pandemic, as soon as it became clear that the stay-at-home orders were likely to continue for many months, we began making food donations locally. Kitchen Manager Kathy Cheney went through the pantries checking the expiration dates of foods and IRC began donating foods that were going to expire to Food Not Bombs, a local charity that was feeding several hundred people each day. After consulting with Chris Clifford, our Kitchen Coordinator, we determined to offer pantry staples that would become stale before we would need them.

Later, during last summer's fire-related power shut-downs, IRC offered a representative from a local ad-hoc group feeding firefighters and others the use of our freezers to store frozen food that would have spoiled otherwise. After the emergency ended the organization disappeared, but the food was still in our freezers. Meghan Radford, new Kitchen Manager, was able to donate some of the items to Food Not Bombs, and the rest to a local church, which used it for a hearty Thanksgiving meal offered to homeless people in Santa Cruz.

More recently the Center's generosity benefited Gray Bears, a local organization that donates food to Santa Cruz's aging adults. Meghan took

another inventory of the pantries and gathered together more foods that won't be eaten while we aren't offering in-person retreats. The donation to Gray Bears included a variety of dried and canned foods.

The Buddha describes six qualities of a person that are conducive to cordiality. One of these qualities is sharing one's resources:

A practitioner shares without reservation any material possessions they have gained by legitimate means. This warm-hearted quality makes for fondness and respect, conducive to inclusion, harmony, and unity, without quarreling. (Anguttara Nikaya 6:12)

As we cultivate compassion and non-clinging, we naturally feel more inclined to share. We discover a delightful movement of the heart toward generosity. As each of us find our own way of living a Dharma Life, we become unfolding expressions of the wisdom and love we cultivate along the path.

Welcoming Tuere Sala and bruni davila

IRC is pleased to welcome Tuere Sala, a guiding teacher of Seattle Insight Meditation Society, to co-lead a retreat for BIPOC (Black, Indigenous, People of Color) with IMC/IRC teacher bruni dávila from April 8-12, 2021. bruni and Tuere are both part of the 2017-21 cohort of the IMS/IRC retreat teacher training. This will be the first time Tuere has taught an IRC retreat.

A retired prosecuting attorney who has practiced Buddhist meditation for over 25 years, Tuere's focus at present is on urban meditation, bringing Dharma teachings to nontraditional places. She is a strong advocate for practitioners living with high stress, past trauma, and difficulties sitting still. She brings the benefit of a broad array of mindfulness and trauma-related trainings to her teaching. Her intention is to make the Dharma accessible to everyone.

bruni dávila is well known in the IRC/IMC community, a student of Gil and Andrea since 1995. Born in Puerto Rico, bruni has been teaching dharma in both English and Spanish at IMC and around the Bay Area, and leading retreats in both languages at IRC for several years. Before dedicating her life to the dharma, bruni spent several decades managing projects in the environmental field. She has taken vows as an urban contemplative, dedicated to exploring how living a simpler life of renunciation and practice might lead to more freedom, more care for the world, more contentment. bruni's compassionate heart comes through clearly in her teaching.

We are very pleased to be offering our first retreat specifically to explore the Buddha's liberation teachings in the light of BIPOC meditators' life experience, and grateful to bruni and Tuere for leading it. Registration for the retreat with bruni and Tuere opened in January.

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IRC Update from Liz Powell, Managing Director

IRC has received an inspiring level of support from teachers, volunteers and retreatants as we continue offering a full schedule of retreats online during the pandemic. Together we were able to offer 20 retreats in 2020, with 1,449 participants, almost twice as many retreatants as the residential retreats originally planned for 2020 could have accommodated. It is a joy to continue online retreat offerings into 2021. Not only is this providing ongoing practice opportunities to so many during the pandemic, but we also plan to keep offering online retreats once we are able to resume residential retreats.

In conjunction with Insight Meditation Society (IMS), IRC's guiding teachers Gil and Andrea have been teaching the current cohort in the 4-year retreat teacher training. As part of the training, they teach retreats at IRC alongside new teacher trainees, supporting their development as they launch in teaching retreats. The current group of new teachers graduates in late spring of 2021, and will support dharma offerings around the world, as well as expanding our offerings at IRC--including a new retreat for yogis who identify as BIPOC (black, indigenous, and people of color) that will be held April 5-8th. (See more about this retreat below.)

As participants in IRC online retreats have learned to combine retreats with their home and work activities, many have reported unexpected benefits from integrating practice into all the different arenas in their lives. Many have shared their gratitude for the sense of connection with sangha, and some have also shared their surprise that connection via video technology provides as much support and intimacy with their practice as it does--much more than they expected.

Having successfully offered several online retreats in the second half of 2020 for larger numbers of retreat participants, as our systems have been refined and streamlined, we find we are able to continue supporting larger retreats. When we first opened IRC, each in-person retreat accommodated 30-50 retreatants. With online retreats, our standard "smaller" retreat

capacity is now 60 people, and we're more frequently able to offer retreats for 90 full participants and 40 auditors.

This growth has been possible due to the generosity of our volunteers! Our dedicated teachers, registrars, resident volunteers, service leaders, software engineers, finance team and leadership team have offered much skill, hard work, and kindness, as they have embodied the lived practice of the eightfold path.

Our Resident Volunteers (RVs) at IRC continue to care for the facilities and grounds, along with a handful of dedicated local volunteers. These teams have maintained everyone's health, covid-free, by exercising great care with masks and social distancing. This past fall, our RVs teamed with SunWork, a non-profit solar company, to install new solar panels, climbing on rooftops to mount the new panels and supporting each other with meals during the intense physical labor. Several more projects are underway during the winter and spring months to continue to improve and maintain the landscape, as well as to assure the health, safety and accessibility of our retreat center, keeping pace with changes in health and environmental conditions.

IRC continues to enjoy financial stability, thanks to the generosity of our community, even while online retreats tend to result in smaller donations than residential retreats. We continue to exercise care with donations so that our expenses have been maintained at reasonable levels. It was a pleasant surprise to find that year-end donations exceeded the prior year by about \$15,000. Many thanks to all for the donation of volunteer time and financial support!

We look forward to the time when it will be safe to resume residential retreats. Meanwhile, we will continue to offer opportunities for intensive practice through online retreats, and we very much appreciate your continued engagement both with those retreats and with volunteering your support to IRC.

Volunteering ~ Helping to Care for IRC

We aren't currently able to host in-person Work Days, but are very happy to be hosting monthly Online Work Practice in Sangha, half days online offering community sittings interspersed with time for mindful yogi practice caring for one's home/projects.

If you are interested in supporting the operation of the Center, please fill out a Volunteer Form on the website or email volunteer@insightretreatcenter.org. Once we're able to re-open for residential retreats, we look forward to offering Work Days again. They give participants the opportunity to both do meaningful work for the center and to practice together and develop close ties with the RVs and the Center.

Garden Days: At this time, we are able to welcome a few volunteers at a time to help with gardening and landscaping projects. Please email us at gardening@insightretreatcenter.org if you'd like to offer your time.

Service Leaders: As we continue offering online retreats, we depend on Service Leaders, experienced retreat practitioners who both sit the retreat and serve it in leadership positions as managers and technical assistants. Though they have more responsibility and devote more time, they still spend much of the day in formal meditation.

People who qualify to be service leaders can sign up to serve as frequently as it works for them. If interested, please fill out a Volunteer Form at insightretreatcenter.org/volunteer or contact admin@insightretreatcenter.org

Resident Volunteers: Several practitioners live at IRC for a year or more assisting with the various tasks needed to support the Center both physically and administratively. Through their service and life in a dedicated spiritual community, they have an opportunity to immerse themselves in retreat practice and also broaden the integration of their practice in daily life.

There can be six months to a year between the time someone applies and their acceptance and moving in, so those who are interested are encouraged to apply early. Participating in retreat at IRC is a prerequisite for applying to be an RV, and attending several retreats allows teachers to get to know applicants well. To learn more, email: newrvteam@insightretreatcenter.org.

The Patience of Ordinary Things

It is a kind of love, is it not?
How the cup holds the tea,
How the chair stands sturdy and foursquare,
How the floor receives the bottoms of shoes
Or toes. How soles of feet know
Where they're supposed to be.
I've been thinking about the patience
Of ordinary things, how clothes
Wait respectfully in closets
And soap dries quietly in the dish,
And towels drink the wet
From the skin of the back.
And the lovely repetition of stairs.
And what is more generous than a window?

"The Patience of Ordinary Things" by Pat Schneider from Another River: New and Selected Poems. © Amherst Writers and Artists Press, 2005.



A Home Retreat Recipe: Gnocchi with Brussels Sprouts

This simple entree can be quickly put together, making it a convenient choice for lunch or supper during online retreats.

Makes about 4 servings

Time: 20 minutes

Ingredients:

- 1 lb. brussels sprouts, trimmed and sliced in half lengthwise
- 1 lemon
- 4 T extra virgin olive oil
- Salt and black pepper
- 1/2 t red pepper flakes
- 1 (18 oz) package shelf-stable or refrigerated potato gnocchi
- 4 T unsalted butter, cut into 4 pieces
- 1/2 t honey
- Freshly grated parmesan cheese for serving

Preparation:

- Peel thick strips of zest from lemon with a vegetable peeler, and julienne or coarsely chop zest
- Heat 3 T olive oil in a large skillet over medium-high heat
- Add brussels sprouts, 1/2 t salt and pepper to taste. Arrange sprouts in a single layer, cut side down, and scatter lemon zest over the top. Cook without turning until sprouts are browned, 3-5 minutes.
- Add red pepper flakes, stir, and cook until sprouts are crisp-tender 2-3 minutes more. Transfer to a bowl
- Add 1 T olive oil to the skillet over high heat, and add gnocchi to the pan, cover and cook for 2-4 minutes, until golden brown one on side.
- Add butter and honey, season with more black pepper, and cook, stirring, until butter browns and smells nutty, 1-2 minutes.
- Stir in sprouts until warmed through, and serve with grated parmesan.

Gnocchi cooked this way will remain quite chewy. If you prefer gnocchi softer, they can be boiled and drained before adding to the pan--the texture will be different but the flavors the same. Other vegetables can be substituted: broccoli, cauliflower, cabbage all work well. You might sauté some chopped garlic with the vegetables, and add the juice of half the lemon you zested. For a vegan version, substitute olive oil or a flavorful nut oil for the butter, and omit the cheese. (Recipe adapted from the New York Times.)

