


EASY PUMPKIN RAVIOLI

SERVES: 6 (2 large ravioli each) Prep Time: 20 min. Cooking Time: 47 min.

CONTAINER EQUIVALENTS (per serving):  1½  1

½ cup	chopped Parmesan cheese rind
2 cups	low-sodium organic vegetable broth
1 Tbsp.	unsalted organic grass-fed butter
6	fresh sage leaves
½ cup	100% pure pumpkin puree
½ cup	part-skim ricotta cheese
8 Tbsp.	grated Parmesan cheese, divided use
1 tsp.	raw honey
½ tsp.	sea salt (or Himalayan salt), divided use
¼ tsp.	ground black pepper
1	large egg white
2 Tbsp.	water
	Whole wheat flour
24	wonton wrappers
	Hot water

SPECIAL EQUIPMENT:

Cheesecloth
Kitchen string

1. Wrap cheese rinds in cheesecloth (or a coffee filter). Tie ends tightly with kitchen string.
2. Heat broth to boiling in medium saucepan over high heat. Reduce heat to low. Add cheese rinds; steep in broth for at least 30 minutes. Carefully squeeze cheesecloth before removing and discarding cheese rinds.
3. Heat butter and sage over medium-low heat in small skillet (or saucepan) for 4 to 5 minutes, or until butter begins to brown and sage leaves stop sizzling. Remove from heat. Place sage leaves on a paper towel; reserve brown butter. Set aside.
4. Place pumpkin, ricotta, 2 Tbsp. grated Parmesan cheese, honey, ¼ tsp. salt, and pepper in food processor; pulse until smooth. Transfer pumpkin mixture to a resealable plastic bag. Set aside.
5. Combine egg and water in a small bowl; whisk to blend. Set aside.
6. Lightly dust a cutting board with flour and lay out 12 wonton wrappers.
7. Snip off one corner of plastic bag (filled with pumpkin mixture) with a pair of scissors. Pipe approx. 1 Tbsp. pumpkin mixture into center of each wrapper.
8. With a pastry brush (or the tip of your finger), apply a thin layer of egg mixture to the outer edge of each wrapper.
9. Top each with a second wrapper, press down with fingertips around the edges to seal, squeezing out as much air as possible.
10. Heat water to boiling in large saucepan. Season with *remaining* ¼ tsp. salt.
11. Add ravioli; cook for 2 minutes. Carefully remove ravioli with slotted spoon.
12. To serve, place two ravioli in a shallow bowl. Top with 3 Tbsp. broth. Garnish each bowl with 1 fried sage leaf, 1 Tbsp. grated Parmesan cheese, and ¼ tsp. brown butter.

RECIPE NOTES:

- Wonton wrappers are used in Chinese cooking and can be found in many grocery stores. Look for wrappers that are approx. 3½ inches square. The larger wrappers are called egg roll wrappers and you can use them in a pinch. Just make sure you cut them to wonton wrapper size.
- You can substitute canned sweet potato for pumpkin in these raviolis.
- If you carefully wrap uncooked ravioli in parchment paper and plastic wrap, you can store them in the freezer for up to 2 months. Cook from frozen as in the directions above, but add an extra minute to the cook time.

NUTRITIONAL INFORMATION (per serving): Calories: 195 Total Fat: 7 g Saturated Fat: 4 g Cholesterol: 22 mg Sodium: 679 mg Carbohydrates: 24 g Fiber: 2 g Sugars: 2 g Protein: 10 g

Recipes containing the  icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.