

Clean Eating

Improving your life one meal at a time.

Roasted Squash & Apple Ravioli

Treat guests to a restaurant-worthy pasta dinner without the butter usually found in this type of ravioli dish. We opt instead for flavorful leeks and broth (plus a sprinkle of pumpkin seeds!).

By Soo Kim | Photo:

Serves: 6 to 8

Makes: 34 wonton ravioli

Hands-on time: 36 minutes

Total time: 1 hour, 15 minutes



INGREDIENTS:

- 1 small butternut squash (about 1 1/2 lb), halved and seeded
- 1 apple (such as Granny Smith or Spy), halved and cored
- 2 cloves garlic
- 1/8 tsp ground nutmeg
- Sea salt and fresh ground black pepper, to taste
- 1 cup part-skim smooth ricotta cheese
- 5 oz unripened soft goat cheese
- 68 whole-wheat wonton wrappers
- 2 tsp extra-virgin olive oil
- 1 large leek, trimmed and thinly sliced
- 1 cup low-sodium chicken broth
- 1/3 cup roasted unsalted pumpkin seeds for garnish, optional

INSTRUCTIONS:

1. Preheat oven to 425°F. In a roasting pan, place squash and apple, cut side down. Add garlic and roast until tender, about 40 minutes. Remove from oven and set aside until cool enough

to handle. Scoop out flesh from squash and apple and transfer to a large bowl; discard peels. Add garlic and mash with a fork. Stir in nutmeg, salt and pepper. Stir in ricotta and goat cheese; set aside.

2. Bring a large pot of water to a boil while you make ravioli. Line a baking sheet with parchment paper. Arrange a small bowl of water near your work surface. Place 2 wonton wrappers in front of you; keep remaining wrappers covered with a kitchen towel to prevent them from drying out. Spoon 1 heaping tbsp squash–ricotta mixture into center of 1 wrapper. Dip your finger into water and moisten edges of wrapper. Place second wrapper over top and press edges together firmly to seal. Transfer to baking sheet. Repeat with remaining squash–ricotta mixture and wrappers.
3. Add ravioli to pot with boiling water and cook for 2 to 3 minutes (cooking in batches, if necessary). With a slotted spoon, transfer ravioli to serving plates, dividing evenly, and cover to keep warm.
4. In a large skillet, heat oil on medium. Add leeks and cook until softened, about 4 minutes. Stir in broth and 3/4 cup water and cook for 2 minutes. Ladle broth mixture over top of ravioli, dividing evenly. Garnish each serving with pumpkin seeds, if desired.

Nutrients per serving (4 to 6 ravioli and 1/3 to 1/4 cup broth mixture): Calories: 330, Total Fat: 9 g, Sat. Fat: 4 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 1 g, Carbs: 52 g, Fiber: 8 g, Sugars: 5 g, Protein: 16 g, Sodium: 245 mg, Cholesterol: 18 mg

NUTRITIONAL BONUS:

Butternut squash belongs to the pumpkin family and is the greatest source of vitamin A in the brood. A natural anti-oxidant, the fat-soluble vitamin aids in maintaining good vision and the integrity of your skin and mucus membranes.