

Mediterranean Tortellini with Hummus and Spinach



Turn your place into a fine neighborhood bistro tonight! You're fixing a Mediterranean-style tortellini with hummus and fresh spinach. The service is great, the company is stellar and the price is right.

A mound of traditional hummus rises from the center of this serving of cheese tortellini swimming in a yogurt-based white sauce with sweet peppers and kalamata olives. The plate is finished with a wreath of dressed baby spinach and chopped tomatoes.

Preparation time: 40 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

As usual, you'll prep and organize ingredients to get started. Juice 1 lemon and you'll have the lemon juice you need. Prep 2 cloves garlic: 1 whole, peeled clove for the hummus and 1 chopped for the white sauce.

Traditional Hummus

one 15 oz. can garbanzo beans (drained and rinsed)
2 T. tahini
3 T. lemon juice
1 clove garlic (whole, peeled)
2 T. olive oil
1/2 tsp. ground cumin
1/2 C. coarsely chopped fresh parsley

Tortellini and Dressed Spinach

One 9 ounce package fresh cheese tortellini
2 T. shredded Parmesan

Dressed Spinach:

3 C. washed baby spinach
1 tsp. olive oil
1 T. balsamic vinegar
1 T. low-sodium vegetable broth

2 Roma tomatoes (chopped)
2 T. shredded Parmesan

Sautéed Peppers and White Sauce

Sautéed Peppers:

1 tsp. olive oil
1/2 C. red bell pepper (chopped)
1/2 C. green bell pepper (chopped)
4 pitted Calamata olives (chopped)

White Sauce:

1 tsp. olive oil
1 clove garlic (smashed and chopped)
1/3 C. onion (finely-chopped)
1/2 C. white wine
1 C. low-sodium vegetable broth
2 tsp. dried oregano leaves

1 T. cornstarch
mixed with
1/2 C. water

2 T. lemon juice
2 T. feta cheese
1/2 C. plain, nonfat yogurt (stirred smooth)

After Prep, Put Pasta
Water on to Boil

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start by making the hummus and white sauce. You'll have leftovers. Leftover hummus is great for sandwiches and roll-ups. It'll keep for 10 days in the fridge.

Traditional Hummus

1. Place beans, tahini, lemon juice, garlic, oil and cumin in food processor and grind until smooth.
2. Add parsley. Pulse a few times until well chopped. Remove from food processor.
3. Use about 1/3 C. hummus per serving tonight. Store the leftover hummus in the fridge in a container with a tight-fitting lid.

Sautéed Peppers:

Sautéed Peppers and White Sauce

1. In a small sauté pan, sauté peppers in oil, about 1 minute over medium-high heat.
2. Add chopped olives and sauté one more minute. Set aside.

White Sauce:

1. In a medium saucepan, sauté garlic and onion in oil on medium-high heat about 1 minute.
2. Add wine, broth and oregano leaves and bring to boil. Reduce heat to low, cover and cook for 5 minutes.
3. Thicken with cornstarch mixture. Reduce heat and cook thickened sauce for 5 minutes. Stir in lemon juice and feta cheese. Stir sautéed peppers and olives into white sauce. Leave on burner, turn off heat and cover. (Add yogurt just before serving.)

Tortellini and Dressed Spinach

1. Place tortellini in boiling water and cook according to package instructions. Drain and rinse.
2. Toss spinach with oil, vinegar and broth mixture in a large bowl. Return white sauce to a boil and remove from heat. Stir yogurt into white sauce.
3. Plate the Meal:
Ladle 1/2 C. white sauce onto center of two serving plates. Divide dressed spinach between plates making a ring around the pool of sauce. Place a 1/3 C. mound of hummus in center of sauce. Surround hummus with tortellini. Leave most of the spinach exposed. Drizzle tortellini with another 2 T. sauce. Garnish with chopped tomato and Parmesan.

What I've Learned from this Recipe

I often garnish a plate with chopped tomatoes. The glutamate in tomatoes is a natural flavor enhancer that helps bring flavors forward.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com

