

Butternut Squash Ravioli with Cream Sauce

Here's another twist on serving Ravioli using a light "cream" sauce. Butternut squash ravioli and marinated beans are bathed in a delicate yogurt-based "cream" sauce with a touch of lemon and nutmeg. The ravioli are nested over dressed arugula leaves and topped with browned cremini mushrooms and Parmesan.

Preparation Time: 40 minutes - Servings: 2 (plus leftovers)

Organize Your Ingredients!

Notes on Organizing

Organize and prep your ingredients on small plates so they are easy to add as the recipe calls for them. Prep a total of 4 cloves chopped garlic tonight: 1 clove for the marinade, 2 for the "Cream" Sauce and 1 for the mushrooms. Prep 3/4 C. chopped onion: 1/4 C. for the marinade and 1/2 C. for the "Cream" Sauce.

Marinated Beans

Marinade:

- 1 clove garlic (smashed and chopped)
- 1/4 C. onion (chopped)
- 1 tsp. olive oil
- 1 T. balsamic vinegar
- 1/4 C. low-sodium vegetable broth
- 1/4 C. fresh basil (chopped)
- 1 C. white navy beans or great northern beans (drained and rinsed)

Ravioli, Arugula and Mushrooms

Ravioli:

one 9 oz. package butternut squash ravioli (or equivalent)

Dressing for Arugula:

- 2 tsp. olive oil
- 1 tsp. honey
- 1 tsp. balsamic vinegar
- 2 tsp. low-sodium vegetable broth

Arugula:

3 C. fresh arugula (well washed and dried)

Browned Mushrooms:

- 1 tsp. olive oil
- 8 cremini mushrooms (sliced)
- 1 clove garlic (smashed and chopped)
- 2 T. shredded Parmesan Cheese

Yogurt-based "Cream" Sauce

- 2 C. boiling water
- 1/2 cube Not Chick'n vegetable bouillon
- 1/2 C. white wine
- 2 cloves garlic (smashed and chopped)
- 1/2 C. white or yellow onion (finely chopped)
- 2 tsp. dry oregano leaves
- 2 T. cornstarch dissolved in 1/2 C. water
- 2 T. shredded Parmesan cheese
- a dash Tabasco sauce
- 1/2 tsp. ground nutmeg
- 1 T. lemon juice
- 1/2 C. plain, nonfat yogurt (stirred smooth)

First Thing!
Put Pasta Water
on to Boil!

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Marinate the Beans and make "cream" sauce to get started. Both will hold well while you prepare the remainder of the meal.

Marinated White Beans

Mix marinade ingredients in a medium-sized bowl and microwave 1 minute. Stir in drained beans and let stand until ready to add to the recipe. Use a perforated spoon to lift beans out of marinade.

Yogurt-based "Cream" Sauce

1. Whisk 1/2 of a bouillon cube into boiling water in a medium saucepan until bouillon is dissolved.
2. Add wine, garlic, onion and oregano and return to a boil. Cook over medium-low heat 5-minutes.
3. Remove from heat. Slowly stir in cornstarch/water mixture. Return to heat and keep stirring as it thickens. Reduce heat to low and continue stirring as boil settles down. Cook 5-minutes.
4. Add shredded Parmesan, dash of Tabasco, nutmeg and lemon juice. Stir well. Allow to simmer another 5 minutes. Set a timer. When timer sounds, turn off heat. Leave on burner.
5. Just before serving, return sauce to a boil. Remove from heat and stir in yogurt. Do not return to a boil after adding yogurt.

Ravioli, Arugula and Mushrooms

Ravioli:

Slide ravioli into boiling water. Return water to a boil and then reduce heat to medium. Gently boil 4-6 minutes or per package directions. Drain and rinse ravioli.

Arugula:

Stir oil, honey, vinegar and broth together and toss in a large bowl with washed arugula.

Browned Mushrooms:

Brown sliced mushrooms in hot olive oil. When mushrooms are brown on both sides, add clove chopped garlic and toss until garlic becomes fragrant. Remove from heat.

Plate the Meal

Ladle 1/2 C. yogurt-based sauce into the center of each dinner plate. Divide and arrange dressed arugula making a ring around each pool of sauce. Arrange 6-8 ravioli per serving over sauce in the center of the plate. Drizzle 2-3 additional tablespoons of sauce over the ravioli. Arrange mushrooms over each serving and garnish each ravioli serving with shredded Parmesan.

What I've Learned from this Recipe

The bitter and sweet combination of the dressed arugula is a delightful compliment to the savory and slightly sweet flavor of the ravioli with cream sauce.

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