

# 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 Kalamata 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](mailto:chezdon@plate6.com)