

Ravioli Marinara with Spinach and Strawberries

How about a summery version of Ravioli with Marinara Sauce?

Fresh picked spinach is available now. The spinach season is short so enjoy it while you can. This nice little plate of Ravioli with Marinara Sauce is complimented with fresh spinach salad and new strawberries.

Preparation time: 40 minutes - Serves : 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize your ingredients so they are easy to add.

You'll need a total of 1-2/3 C. red wine for the Marinara Sauce.

Marinara Sauce

Marinara Sauce:

1 tsp. olive oil

4 cloves garlic (smashed and chopped)

1/2 C. red wine

1/2 C. yellow onion (chopped)

one 15 oz. can no-salt diced tomatoes

one 15 oz. can regular tomato sauce

another 1/2 C. red wine

2 T. dry basil leaves

1 T. dry oregano leaves

a few dashes Tabasco sauce

1 tsp. olive oil

1/2 of the chopped garlic (from above)

another 2/3 C. red wine

2/3 C. starchy pasta cooking water

Spinach/Strawberry Salad

3 C. (or 1 bunch) fresh spinach
(double washed, stems removed, leaves
lightly chopped)

- or -

3 C. bagged baby spinach leaves (washed,
large stems removed)

2 tsp. olive oil

1 tsp. balsamic vinegar

1 T. low-sodium vegetable broth

1 C. strawberries (sliced)

2 tsp. crumbled Gorgonzola or Blue Cheese

Ravioli Marinara

16-20 cheese ravioli (depending on size)

1-1/3 C. Marinara Sauce

2 T. shredded Parmesan cheese

First Thing —
Put Pasta Water on to Boil

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

The major part of the meal preparation is the Marinara Sauce. Be sure to save 2/3 C. of the starchy cooking water after cooking the ravioli and add it to the Marinara Sauce before serving.

Marinara Sauce

1. Toss 1/2 of the chopped garlic in olive oil over medium-high heat until garlic starts to turn golden brown. Add 1/2C. red wine and bring to boil. Cook 1 minute.
2. Add onion and toss until wine is almost gone.
3. Add both cans of tomato sauce (rinse cans with additional second 1/2 C. red wine) and add to sauce.
4. Add spices and Tabasco. Bring to boil. Cover, reduce heat to low and cook 10-minutes.
5. Using a separate sauté pan, brown the remaining half of the chopped garlic in oil. Add 2/3 C. more wine, bring to a boil, cook for about a minute and turn off heat. Add this additional wine and garlic to the large pan. Stir well and remove from burner.

Spinach /Strawberry Salad

1. Place washed and prepped spinach in a large bowl.
2. Shake olive oil, balsamic vinegar and vegetable broth in a small jar with a tight-fitting lid.
3. Pour olive oil mixture over spinach leaves and toss well. Divide dressed spinach and arrange separate side salad plates.
4. Arrange sliced strawberries over spinach.
5. Sprinkle Gorgonzola over spinach and strawberries.

Ravioli Marinara/Plate

Ravioli

1. Drop ravioli into boiling water. Cook per package directions.
2. When ravioli is done, reserve 2/3 C. pasta cooking water and add to the Marinara Sauce.
3. Drain and rinse cooked ravioli.

Plate:

Ladle about 1/2 C. Marinara Sauce onto each dinner plate and range ravioli over the pool of sauce. Drizzle an additional 2 T. sauce over each serving of ravioli and top with shredded Parmesan. Serve salads on the side.

What I've Learned from this Recipe

Adding the starchy pasta cooking water to sauces acts as a binder for the sauce, creating a slightly creamier texture. As a separate note, know that the alcohol content in the red wine will mostly cook away during the cooking process.

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