

# Ravioli with Spinach and Mushrooms

Cheese or spinach ravioli in a yogurt-based cream sauce and dressed fresh spinach find their way to your table this evening. The ravioli are served with browned mushrooms and the pasta is topped off with chopped fresh tomato and a sprinkle of Gorgonzola crumbles.

This dinner is a one plate wonder that doesn't even need a side salad.

**Preparation time: 40 minutes - Servings: 2 (plus leftovers)**

## Organize Your Ingredients!

### Notes on Organizing

Organize and prep your ingredients on small plates so they'll be easy to add as the recipe calls for them. It's fun to cook when your organized. You'll prep a total of 3 cloves chopped garlic tonight: 1 clove for the mushrooms and 2 cloves for the Cream Sauce.

### Ravioli, Spinach and Mushrooms

#### Ravioli:

one 9 oz. package spinach or cheese ravioli

#### Dressed Spinach:

3 C. fresh baby spinach (well washed and dried)  
1 tsp. olive oil  
1 tsp. balsamic vinegar  
2 tsp. low-sodium vegetable broth

#### Browned Mushrooms:

1 tsp. olive oil  
8 crimini mushrooms (sliced)  
1 clove garlic (smashed and chopped)  
1/4 C. low-sodium vegetable broth

### Yogurt-based Cream Sauce

2 cloves garlic (smashed and chopped)  
1 tsp. olive oil  
1/2 C. white wine  
1/3 C. yellow onion (chopped)  
1-1/2 C. low-sodium vegetable broth  
1-1/2 tsp. dry oregano leaves  
2 T. cornstarch  
dissolved in  
2/3 C. nonfat milk  
2 T. shredded Parmesan cheese  
a dash Tabasco sauce  
1/4 C. plain, non-fat yogurt (stirred smooth)

### Garnish

1 T. crumbled Gorgonzola cheese  
(2 tsp. per diner)  
1 Roma tomato (chopped)

First Thing!  
Put Pasta Water  
on to Boil!

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

After putting the pasta water on to boil, make the Cream Sauce. Assemble the rest of the meal while the sauce cooks.

### Yogurt-based Cream Sauce

1. Place 2 cloves of chopped garlic and olive oil in a medium saucepan. Sauté over medium-high heat until garlic starts to brown. Add white wine and toss 1 minute.
2. Add chopped onion and toss until onion becomes translucent.
3. Add broth and oregano and cook over medium high heat for 5 minutes.
4. Slowly add cornstarch/milk mixture. Return to a boil. Reduce heat to medium-low and cook another 5 minutes.
5. Add Parmesan cheese and Tabasco to the sauce. Stir well to blend cheese. Cover and turn off heat. Leave pan on burner as you finish assembling the meal. Wait until just before serving to add the yogurt.

### Ravioli, Spinach and Mushrooms

#### Ravioli:

1. 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.

#### Dressed Spinach:

2. Toss washed and dried spinach in large bowl with the mixture of olive oil, vinegar and broth.

#### Browned Mushrooms:

3. Brown sliced mushrooms in hot olive oil. When mushrooms are brown on both sides, add chopped garlic and toss until garlic becomes fragrant.
4. Add vegetable broth to pan and toss until broth disappears. Remove from heat.

### Plate the Meal

1. Return cream sauce to a boil just before serving. Measure 1-1/4 C. heated sauce into a bowl and stir in 1/4 C. plain, nonfat yogurt.

Ladle 1/2 C. yogurt-based sauce into the center of each serving plate and divide spinach between plates, making a ring around the sauce. Arrange 6 ravioli per serving over sauce. Drizzle 2-3 additional tablespoons of sauce over the ravioli.

Garnish each plate with 2 tsp. crumbled Gorgonzola and 1/2 of the chopped tomato.

### What I've Learned from this Recipe

Adding chopped garlic and broth to the browned mushrooms and letting the broth quickly cook away adds a lovely garlic overtone to the umami of browned mushrooms.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)