

# Tortellini with Arugula and Basil Hummus

Soft pasta pillows of tortellini step into the spotlight tonight. They're turned out with a dazzling white sauce and each dinner plate wears a designer hat of basil hummus. A compliment of soft and frilly dressed baby arugula is draped over the shoulders of this Italian favorite while accents of chopped red tomato punctuate the presentation.

Tasteful applause is acceptable.

**Preparation Time: 40 minutes - Serves: 2**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize ingredients before starting to cook. Tonight you'll prep 3 cloves of garlic: 2 chopped cloves for the White Sauce and 1 whole, peeled for the Hummus. Prep 2/3 C. chopped onion: 1/3 C. for the White Sauce and 1/3 C. for the Hummus.

### Basic White Sauce

1 tsp. olive oil  
2 cloves garlic (smashed and chopped)  
1/3 C. yellow onion (finely chopped)  
3/4 C. low sodium vegetable broth  
1/2 C. white wine  
2 tsp. dry basil leaf  
1 tsp. dried oregano  
2 T. cornstarch  
dissolved in  
1/3 C. water  
2 T. crumbled feta cheese  
dash Tabasco sauce  
  
1/2 C. plain, non-fat yogurt (stirred smooth)

### Dressed Arugula

3 C. arugula (washed and spun dry)  
8 cherry tomatoes (quartered)  
4 T. sliced almonds (toasted)

#### Dressing:

1/2 tsp. low-sodium soy sauce  
1 tsp. balsamic vinegar  
1 tsp. olive oil  
1/2 tsp. honey

### Basil Hummus

1 large clove garlic (whole, peeled)  
1/3 C. yellow onion (coarsely chopped)  
1 C. fresh basil leaves (tightly packed)  
3 T. chunky peanut butter  
one 15 oz. can garbanzo beans (drained and rinsed)  
  
2 T. lime juice  
2 T. olive oil  
1 tsp. Asian pepper sauce  
1 T. rice wine vinegar

### Tortellini

one 8 oz. package cheese tortellini

#### Garnish:

3 T. shredded Parmesan



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

### Basic Instructions

It'll be easy to assemble the recipe when you have everything organized. I suggest assembling the arugula salad before cooking the pasta. That way you're ready to dine when the pasta finishes cooking.

### Basic White Sauce

1. Place chopped garlic, finely-chopped onion, broth and wine into a medium saucepan. Bring to boil. Cook 1 minute.
2. Add wine, basil and oregano leaves and cook an additional 4 minutes.
3. Reduce heat to medium and slowly stir cornstarch mixture into liquid. Return to a boil and keep stirring as it thickens.
4. Reduce heat to low and continue stirring until boil settles down. Cook 5 minutes.
5. Add feta cheese and Tabasco. Stir a minute to help melt the cheese.
6. Cover and turn off heat. Leave pan on burner while you finish cooking the meal.
7. Stir in yogurt just before serving.

### Basil Hummus

1. Place garlic, onion, basil, peanut butter and garbanzo beans in food processor and pulse until well chopped.
2. Add lime juice, olive oil, pepper sauce and vinegar. Pulse again until well blended.
3. Set aside until ready to serve the meal.

### Dressed Arugula:

### **Dressed Arugula and Tortellini/Plate the Meal**

Place arugula, tomatoes and toasted almonds in a medium-sized bowl. Make and add dressing to the salad and toss. Divide the salad between two dinner plates. Make a wreath-like shape leaving a 5" space in the middle of the wreath.

### Tortellini

Drop pasta into boiling water. Gently boil for 6 minutes or per package directions. Drain and rinse.

### Plate the Meal:

1. Return white sauce to a boil and remove from heat. Stir the yogurt into the white sauce now and spoon about 1/4 C. white sauce into center of plates.
2. Arrange 1/3 of the tortellini over the pool of sauce on each plate. (Store leftover tortellini in fridge.) Scoop a dome of 1/3 C. hummus over the top of each serving. Drizzle about 2 T. additional white sauce in a zig zag pattern over tortellini. Garnish with Parmesan.

### What I've Learned from this Recipe

You can create really interesting meals when you combine distinct elements like you've done in this recipe. Each element provides it's own distinct flavor, color and texture. It makes for enjoyable dining.

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