

# Tortellini with Arugula and Hummus

Middle-Eastern and Italian cuisines marry up in a most interesting pairing tonight. You'll be serving cheese tortellini in an Italian White Sauce flavored with feta cheese. A scoop of Traditional Middle-Eastern hummus adds a happy finish to the flavors. The dinner is finished with a savory arugula, tomato and toasted almond salad.

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

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize ingredients before starting to cook. Prep 3 cloves of garlic: 2 (chopped) cloves for the White Sauce and 1 whole peeled clove in the Hummus. Prep 2/3 C. onion: 1/3 C. finely chopped onion in the White Sauce and 1/3 C. coarsely chopped in 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 leaves  
1 tsp. dried oregano leaves  
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

### Traditional Hummus

1 large clove garlic (whole/peeled)  
1/3 C. onion (coarsely chopped)  
2 T. lemon juice  
One 15 oz. can garbanzo beans (drained and rinsed)  
2 T. olive oil  
2 T. tahini  
1/2 tsp. ground cumin  
  
1/2 C. fresh parsley (tightly packed)

### Tortellini

one 8 oz. package cheese tortellini  
1 tsp. olive oil  
10 thin strips red bell pepper  
Garnish:  
4 tsp. crumbled feta



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

### Basic Instructions

Once made, the white sauce and hummus hold nicely. Simply follow instructions and plate.

### Basic White Sauce

1. Place measured olive oil, chopped garlic, finely-chopped onion, broth and wine into a medium saucepan. Bring to boil. Cook 1 minute.
2. Add 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.

### Traditional Hummus

1. Place garlic in a food processor and finely chop.
2. Place all remaining ingredients, except parsley, in processor and blend until smooth.
3. Add parsley and pulse until parsley is well chopped.
4. Set aside until ready to dine.

### Dressed Arugula:

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

You'll be serving salad and tortellini as a one plate meal. Place arugula, tomatoes and toasted almonds in a medium-sized bowl and toss with dressing. Divide the salad between two serving 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 8 minutes or per package directions. Drain and rinse.

While tortellini cooks, sear bell pepper strips in oil in a small sauté pan. Set aside.

### Plate the Meal:

1. Return white sauce to a boil and remove from heat. Stir the yogurt into the white sauce and remove from burner. Spoon about 1/4 C. white sauce into center of each plate.
2. Arrange 1/2 of the tortellini over the pool of sauce on each plate. Arrange peppers over each serving. Scoop a dome of 1/4 C. hummus onto the center of each serving of tortellini. Drizzle 2 T. additional white sauce over tortellini. Leave the hummus uncovered. Garnish with Feta.

### What I've Learned from this Recipe

You can create really interesting meals when you combine distinct elements like those used 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)