

Zucchini Ravioli



*Zucchini Raviolis have about 16 carbs. per serving (about 4 raviolis)
Traditional Ravioli has about 32 carbs. per serving (about 4 raviolis)*

Serves: 2

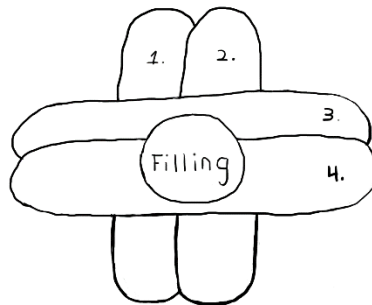
Cooking Time: About 20 minutes

Ingredients:

- 2 medium zucchinis (about 10 ounces)
- 1 cup ricotta cheese (Part-skimmed if you'd like to reduce fat and calories even more)
- 1 egg (slightly beaten)
- 1/4 cup grated Parmesan cheese
- 1/4 cup of chopped fresh spinach (I chop extra and sprinkle it on top. I do this right after I take the pan out of the oven.
- About 3/4 to 1 cup of your favorite Marinara sauce. (I like to use homemade meat sauce.)
- 3/4 cup of mozzarella cheese
- 2 Tablespoons Parmesan cheese
- Pinch of crushed red pepper (optional)

Directions:

1. Preheat the oven to 375 degrees.
2. Cut the tips off the zucchinis and peel them. Many recipes don't call for peeling. To me peeling the zucchini creates a better texture-more like a traditional ravioli.
3. Using a mandolin or vegetable peeler, slice the zucchini into strips. You should end up with about 25 - 30 strips. (Depending on the size of your zucchinis).
4. The important trick to this recipe is to remove as much moisture from the zucchini as possible. Excess moisture can create mushy noodles. You can do this by placing the zucchini strips on paper towels and sprinkling with a little salt. Place paper towels on top of the noodles, too. Gently pat with your hands. Let the noodles sit for about 20 minutes. At the end of the 20 minutes the paper towels will be wet. Gently pat the noodles again with dry paper towels. This will make a much firmer noodle.
5. In a small mixing bowl, stir in the ricotta cheese, parmesan cheese, egg, and spinach.
6. Cover the bottom of a 9" x 13" baking dish with the marinara sauce.
7. Assemble the raviolis: You'll need 4 strips for each ravioli. Place two side by side (vertically overlapping some. Then, center the other two horizontally on top of the first two.
8. Place a Tablespoon of filling in the center of the ravioli.
9. Take the ends of the strips and wrap them around the filling. The ends should all overlap



- in the middle. Turn the raviolis over -and place them in the prepared baking dish. (Turning the raviolis over so the edges are on the bottom will seal the edges.)
10. Top with the mozzarella and more parmesan cheese, and a dash or red pepper (red pepper is optional).
 11. Bake for about 20 - 25 minutes (the cheese should be melted and slightly golden).
 12. Let sit for a minute or two before plating. (While the raviolis are settling, I like to garnish with a little more chopped spinach or parsley.)