



Satisfy your fall cravings with this delicious Pumpkin Ravioli with Parmesan Sage Cream. This recipe serves 4 people, so enjoy with family and friends.

INGREDIENTS

Ravioli

10 oz Pumpkin, canned
½ tsp Nutmeg
¼ tsp Garlic Powder
1/8 tsp Sage
40 Wonton Wrappers
1 Egg, beaten
Salt & Pepper to taste

Parmesan Sage Cream

1 Tbsp Butter
2 1/4 Tsp Flour
7 oz Fat-Free Milk
3 Tbsp Parmesan
Dash of Sage
Salt & Pepper to taste

DIRECTIONS

Ravioli

- 1) Combine pumpkin, nutmeg, pepper, salt, garlic, and sage.
- 2) Lay out a wonton wrapper on a clean, dry surface. Brush egg on the surface of the wrapper. Top with another wrapper and press down to seal.
- 3) Place 1/2 oz of pumpkin mixture in the center of the layered wrapper. Brush the edges of the wrapper with egg wash. Fold into a triangle, then fold corners in to create a bishop hat shape. Be careful to keep all of the filling inside.
- 4) Bring a large pot of salted water to a boil. Add ravioli. Cook for 3 to 4 minutes or until minimum internal temperature is at least 145 degrees F. (for 15 seconds). Gently strain the ravioli.

Parmesan Sage Cream

- 1) Melt butter over medium heat.
- 2) Add flour and stir for a few minutes.
- 3) Add milk slowly and simmer, whisking constantly.
- 4) Add sage, cheese, salt and pepper to taste.



DIETARY INFORMATION

Portion:	5 Ravioli+2z Sauce
Calories:	250
Protein:	13.0 grams
Carbohydrates:	29.0 grams
Fat:	9.0 grams
Calories From Fat:	80 (32%)
Saturated Fat:	4.0 grams
Trans Fat:	0.0 grams
Sodium:	630.0 milligrams
Dietary Fiber:	3.0 grams
Contains the following allergens:	Milk, Eggs, Wheat, Gluten

Recipe Adapted from: Sodexo