



Butternut Squash Ravioli with Sage

 Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



234 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 lb butternut squash
- 1 pinch nutmeg
- 4 slices pancetta chopped
- 0.3 cup parmesan
- 48 wonton skins
- 0.3 cup ricotta
- 1 teaspoon sage plus 2 tbsp. leaves and 8 leaves whole thinly sliced finely chopped
- 8 servings salt and pepper

- 0.3 cup shallots finely chopped
- 9 tablespoons butter unsalted

Equipment

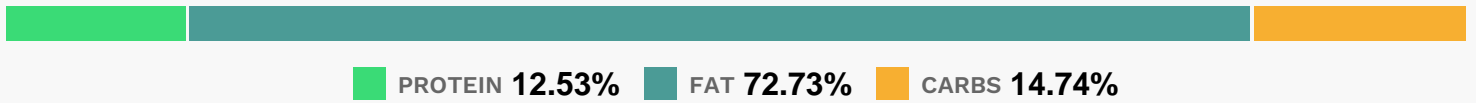
- food processor
- frying pan
- baking sheet
- paper towels
- oven
- knife
- pot
- blender
- cookie cutter

Directions

- Preheat oven to 450F. Halve squash and remove seeds. Season with salt and pepper and place, flesh side down, on a baking sheet.
- Bake until tender and a knife comes out easily, about 40 minutes. Use a spoon to scoop out flesh; puree in a food processor or blender until smooth.
- Melt 1 Tbsp. butter in a skillet.
- Add shallot and cook until tender, about 3 minutes.
- Add chopped sage, squash puree, ricotta and 1/4 cup Parmesan. Season with salt, pepper and nutmeg, and cook for 1 minute.
- Remove from heat and allow to cool completely.
- Place one wonton wrapper on work surface, keeping the rest covered with a damp cloth.
- Brush wrapper with water and place 1 tsp. squash mixture in center.
- Place another wrapper on top and seal together with fingers, taking care to push out air bubbles. Use a 3-inch round cookie cutter to cut filled ravioli into circles. Keep finished ravioli covered while you work.
- In a skillet over medium heat, fry pancetta until crispy, about 5 1/2 minutes.

- Remove from pan and drain on paper towels. Wipe skillet out.
- Bring a large pot of salted water to a boil. Melt remaining butter in skillet over very low heat, then add sliced sage. Cook butter and sage until butter turns light golden brown, about 5 minutes; remove from heat. While butter is browning, add ravioli to boiling water, stirring gently so they don't stick together. Cook 4 minutes, then carefully drain.
- Place 3 ravioli on each plate, top each with 1 Tbsp. browned butter and garnish with 1/2 Tbsp. Parmesan, some crumbled pancetta and one sage leaf.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.52, Inflammation Score:-10, Nutrition Score:11.171739148057%

Nutrients (% of daily need)

Calories: 234.12kcal (11.71%), Fat: 19.35g (29.77%), Saturated Fat: 10.89g (68.06%), Carbohydrates: 8.82g (2.94%), Net Carbohydrates: 7.33g (2.67%), Sugar: 2.11g (2.35%), Cholesterol: 50.26mg (16.75%), Sodium: 412.2mg (17.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.5g (15%), Vitamin A: 6485.71IU (129.71%), Copper: 0.82mg (40.84%), Vitamin C: 12.74mg (15.44%), Calcium: 91.82mg (9.18%), Manganese: 0.17mg (8.74%), Vitamin E: 1.23mg (8.21%), Potassium: 262.7mg (7.51%), Vitamin B6: 0.15mg (7.34%), Phosphorus: 72.78mg (7.28%), Magnesium: 25.39mg (6.35%), Fiber: 1.49g (5.97%), Vitamin B1: 0.09mg (5.74%), Selenium: 3.8µg (5.42%), Folate: 20.38µg (5.09%), Vitamin B3: 1.01mg (5.03%), Iron: 0.69mg (3.83%), Vitamin B5: 0.34mg (3.42%), Vitamin B2: 0.05mg (2.95%), Zinc: 0.41mg (2.7%), Vitamin B12: 0.13µg (2.09%), Vitamin D: 0.3µg (1.97%), Vitamin K: 1.94µg (1.85%)