



Butternut Squash Tortellini With a Brown Butter Sage Sauce and A

READY IN



160 min.

SERVINGS



4

CALORIES



1643 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup amaretti cookies crushed
- 1 bay leaves
- 0.3 teaspoon pepper black freshly ground ()
- 0.8 cup butter ()
- 2 lb butternut squash cubed (3 cups)
- 2 tablespoons olive oil extra virgin
- 2 tablespoons olive oil extra virgin
- 1 garlic clove

- 2 garlic clove chopped
- 1 teaspoon granulated sugar
- 0.3 teaspoon nutmeg
- 0.3 teaspoon pepper fresh black plus more
- 4 servings pepper fresh black to taste
- 1.5 teaspoons herbs de provence
- 0.5 teaspoon kosher salt plus more
- 0.3 cup parmesan cheese grated
- 4 peppercorns
- 0.5 cup pinenuts toasted
- 1 cup port wine
- 2 tablespoons sage fresh
- 4 servings salt to taste
- 1 teaspoon shallots chopped
- 0.5 cup shallots chopped
- 1 cup ricotta cheese whole
- 1 tablespoon butter unsalted
- 1 package wonton wrappers
- 1 package wonton wrappers

Equipment

- food processor
- frying pan
- baking sheet
- paper towels
- oven
- whisk
- pot
- plastic wrap

- aluminum foil
- ziploc bags
- slotted spoon
- pastry brush
- gravy boat

Directions

- To make the tortellini, preheat the oven to 375 degrees F. On a foil-lined baking sheet toss together the butternut squash, 2 tablespoons of olive oil, herbs de Provence, salt, and pepper.
- Bake in the oven until soft and golden, about 25 minutes. Meanwhile, heat the olive oil in a small saute pan over medium heat. Cook the shallots and garlic until lightly golden, about 3 minutes. In a food processor, combine the butternut squash mixture, the shallot mixture, and the ricotta cheese and pulse a few times to blend.
- Add the crushed amaretti cookies, the nutmeg, and sprinkle with salt and freshly ground black pepper. Pulse until smooth. The tortellini filling can be made one day ahead. To make the tortellini, lay out 6 wonton skins, keeping the remaining skins inside the package or under a very lightly dampened paper towel.
- Place 1 tablespoon of squash mixture in the middle of each skin. Dip a pastry brush in a little water and wet the edges of the skin. Gently fold the square wrapper into a triangle, making sure the edges are securely closed and there are no air pockets inside. Dampen the two bottom corners of the longest side of the triangle and gently bring them together, pressing lightly to secure.
- Place the formed tortellini on a baking sheet and cover with plastic wrap. Before laying out another 6 wonton sheets, be careful to dry the work surface. This will help keep tortellini from sticking to the baking sheet. Continue until all the butternut squash mixture is used. There should be approximately 36 tortellini. (The tortellini can be formed, frozen on the baking sheet, transferred to a tightly sealed plastic bag or container and stored for up to six months. To cook, simply toss the frozen ravioli into the salted boiling water and cook for 4 minutes.) To make Port Wine Glaze, place all ingredients except butter in a small pot over medium-high heat and reduce to half about 3 ounces, whisk in butter and strain into a gravy boat or something similar. To make the sauce and serve, bring a large pot of salted water to a boil. Meanwhile, melt the butter in a large, heavy skillet over medium heat.
- Add the sage, pinenuts and let cook until the butter starts to brown, about 3 minutes. Turn the heat off and season with salt, and pepper. Stir to combine. Then, gently place the tortellini

in the boiling water and gently stir. When they begin to float they are done, about 3 minutes. Using a slotted spoon, gently spoon the tortellini onto a serving platter, Top with the brown butter sauce, sprinkle with Parmesan cheese and Wine glaze.

Nutrition Facts

PROTEIN 9.68% **FAT 43.62%** **CARBS 46.7%**

Properties

Glycemic Index:116.27, Glycemic Load:2.74, Inflammation Score:-10, Nutrition Score:54.142174129901%

Flavonoids

Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg Catechin: 5.92mg, Catechin: 5.92mg, Catechin: 5.92mg, Catechin: 5.92mg Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 1643.23kcal (82.16%), Fat: 77.72g (119.56%), Saturated Fat: 33.72g (210.73%), Carbohydrates: 187.18g (62.39%), Net Carbohydrates: 176.1g (64.03%), Sugar: 21.55g (23.94%), Cholesterol: 158.15mg (52.72%), Sodium: 2292.18mg (99.66%), Alcohol: 9.18g (100%), Alcohol %: 1.63% (100%), Protein: 38.79g (77.59%), Vitamin A: 25663.71IU (513.27%), Copper: 9.9mg (494.94%), Manganese: 3.98mg (198.96%), Selenium: 78.1µg (111.57%), Vitamin B1: 1.51mg (100.91%), Vitamin B3: 15.99mg (79.93%), Folate: 281.33µg (70.33%), Iron: 11.98mg (66.54%), Vitamin B2: 1.13mg (66.18%), Vitamin C: 51.07mg (61.91%), Phosphorus: 545.73mg (54.57%), Vitamin E: 8.08mg (53.88%), Magnesium: 194.37mg (48.59%), Calcium: 480.01mg (48%), Fiber: 11.08g (44.34%), Potassium: 1362.38mg (38.93%), Vitamin B6: 0.6mg (30.15%), Vitamin K: 31.51µg (30.01%), Zinc: 4.43mg (29.5%), Vitamin B5: 1.35mg (13.52%), Vitamin B12: 0.45µg (7.44%), Vitamin D: 0.22µg (1.45%)