

SIDE DISH

Ramp Ravioli with One-Hour Calamari

13 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
50 min	40 min	10 min	4	\$6.15	292 kcal

If you want to add more Mediterranean recipes to your recipe box, Ramp Ravioli with One-Hour Calamari might be a recipe you should try. Watching your figure? This gluten free, dairy free, paleolithic, and primal recipe has 292 calories, 12g of protein, and 15g of fat per serving.

Ingredients

- ☐ 1 tablespoon black pepper
- ☐ 2 bunches chives, cut into 2-inch sticks
- ☐ 2 plum tomatoes, finely chopped
- ☐ 1 cup one-hour calamari (see recipe)
- ☐ 4 tablespoons extra virgin olive oil
- ☐ 6 bunches ramps, cleaned and whole

EQUIPMENT Frying pan, Mixing bowl, Grill

Method

- 1

Preheat grill.
- 2

Place ramps on grill and cook until tender and smoky, about 1 minute.
- 3

Remove ramps from grill and allow to cool. Chop cool ramps into 1/4-inch pieces and place in small mixing bowl with black pepper and tomatoes. Season with salt and set aside.
- 4

Bring 6 quarts water to boil and add 2 tablespoons salt.
- 5

Roll pasta to thinnest setting and cut into 3-inch squares.
- 6

Place 1 tablespoon ramp mixture in center of each square and fold into a triangle. Continue until all pasta is done.

- 7 Place ravioli in boiling water and simmer until cooked, about 4 to 5 minutes.
- 8 Meanwhile, heat calamari and olive oil in a 12 to 14-inch saute pan until boiling. Lower heat to simmer and add chives.
- 9 Drain ravioli and toss into pan with calamari. Toss to coat and mix gently.
- 10 Pour into warm platter and serve immediately.

Nutrition per serving

292	12 g	15 g	29 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2.2 g · 14% of daily needs
Fibre			4.6 g · 18% of daily needs
Sugar			6.6 g · 7% of daily needs
Sodium			28.2 mg · 1% of daily needs
Cholesterol			138 mg · 46% of daily needs
Vitamin C			28.5 mg · 35% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/ramp-ravioli-with-one-hour-calamari-142384