



## Ricotta-Pea Ravioli with Asparagus and Mushrooms

READY IN



45 min.

SERVINGS



6

CALORIES



343 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 0.5 pound asparagus shaved
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 large eggs
- ☐ 1 cup fat-skimmed beef broth fat-free
- ☐ 1.5 cups flour
- ☐ 2 tablespoons chives fresh chopped
- ☐ 5 teaspoons chives fresh chopped
- ☐ 0.5 teaspoon thyme sprigs fresh chopped

- ☐ 0.3 teaspoon nutmeg
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.3 teaspoon lemon zest   grated
- ☐ 16 ounce mushrooms (such as shiitake, cremini, and oyster)
- ☐ 2 tablespoons olive oil extra virgin   extra-virgin
- ☐ 1 ounce parmesan   finely grated
- ☐ 2 ounces parmesan   shaved
- ☐ 0.5 cup peas   green frozen thawed coarsely chopped
- ☐ 0.5 cup shallots   finely chopped ( 2)
- ☐ 0.7 cup ricotta cheese
- ☐ 2 tablespoons water

## Equipment

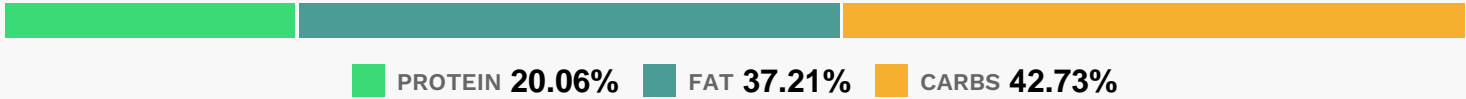
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ measuring cup
- ☐ slotted spoon
- ☐ dutch oven
- ☐ pasta machine

## Directions

- ☐ To prepare filling, combine the first 8 ingredients in a bowl. Cover and refrigerate 1 hour.
- ☐ To prepare pasta, weigh or lightly spoon flour into dry measuring cups; level with a knife.

- ☐ Place flour and 1/4 teaspoon salt in a food processor; pulse 3 times or until blended. With processor on, slowly pour water and eggs through food chute; process until dough forms a ball. Turn dough out onto a lightly floured surface; knead until smooth and elastic (about 5 minutes). Wrap dough in plastic wrap; refrigerate 30 minutes.
- ☐ Divide dough into 8 equal portions. Working with 1 portion at a time, pass dough through smooth rollers of pasta machine on widest setting (cover remaining dough to keep from drying). Continue moving width gauge to narrower settings; pass dough through rollers once at each setting, dusting with flour if needed.
- ☐ Lay pasta sheet flat on a lightly floured surface; cover. Repeat procedure with remaining dough.
- ☐ Spoon 1 1/2 teaspoons filling mixture at about 2-inch intervals along the length of 1 pasta sheet. Moisten edges and in between each filling portion with water; place 1 pasta sheet on top, pressing around filling to seal.
- ☐ Cut pasta sheet into 6 (3 x 3-inch) ravioli, trimming edges with a sharp knife or pastry wheel.
- ☐ Brush excess flour from ravioli.
- ☐ Place ravioli on a lightly floured baking sheet (cover to prevent drying). Repeat procedure with remaining dough portions and filling mixture to form 24 ravioli.
- ☐ To prepare sauce, heat oil in a large skillet over medium heat.
- ☐ Add shallots and next 3 ingredients (through mushrooms) to pan; cook 8 minutes or until mushrooms are browned and tender, stirring occasionally.
- ☐ Add broth and 1/4 teaspoon pepper; cook 4 minutes or until liquid almost evaporates.
- ☐ Remove from heat; keep warm.
- ☐ Bring 6 quarts water to a boil in each of 2 large Dutch ovens.
- ☐ Add 12 ravioli to each pan; cook 4 minutes or until ravioli float to the surface.
- ☐ Remove ravioli from water with a slotted spoon.
- ☐ Place ravioli on a tray, making sure they do not overlap; cover and keep warm. Return water in 1 Dutch oven to a boil.
- ☐ Add shaved asparagus; cook 15 seconds.
- ☐ Drain.
- ☐ Place 4 ravioli on each of 6 plates; top each serving with 1/2 cup sauce and 1/4 cup asparagus.
- ☐ Sprinkle each serving with 4 teaspoons cheese.

# Nutrition Facts



## Properties

Glycemic Index:88.56, Glycemic Load:20.18, Inflammation Score:-8, Nutrition Score:20.094782497572%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.28mg, Isorhamnetin: 2.28mg, Isorhamnetin: 2.28mg, Isorhamnetin: 2.28mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Quercetin: 5.37mg, Quercetin: 5.37mg, Quercetin: 5.37mg, Quercetin: 5.37mg

## Nutrients (% of daily need)

Calories: 342.51kcal (17.13%), Fat: 14.39g (22.14%), Saturated Fat: 5.88g (36.75%), Carbohydrates: 37.19g (12.4%), Net Carbohydrates: 32.23g (11.72%), Sugar: 5.2g (5.78%), Cholesterol: 85.69mg (28.56%), Sodium: 537.13mg (23.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.46g (34.92%), Selenium: 29.38µg (41.98%), Phosphorus: 343.59mg (34.36%), Vitamin B2: 0.58mg (34.1%), Manganese: 0.59mg (29.51%), Folate: 115.83µg (28.96%), Vitamin B3: 5.75mg (28.73%), Calcium: 264.56mg (26.46%), Vitamin K: 26.42µg (25.16%), Vitamin B1: 0.38mg (25%), Vitamin B6: 0.42mg (21%), Iron: 3.65mg (20.25%), Fiber: 4.96g (19.85%), Vitamin B5: 1.88mg (18.76%), Zinc: 2.38mg (15.86%), Vitamin A: 790.62IU (15.81%), Copper: 0.3mg (14.93%), Potassium: 519.31mg (14.84%), Magnesium: 48.46mg (12.11%), Vitamin C: 9.97mg (12.08%), Vitamin E: 1.38mg (9.22%), Vitamin B12: 0.49µg (8.13%), Vitamin D: 0.76µg (5.08%)