

Loose Apple and Butternut Squash Raviolis in Leek Broth

Chef *Melissa* of *Fit-n-Fresh*

RECIPE MAKES: 4-6 SERVINGS

INGREDIENTS

- 1 small peeled butternut squash, halved, seeded, cubed
- 2 apples – locally grown such as granny smith, empire, or Macoun, peeled and cubed
- 2 garlic cloves
- Grated fresh nutmeg (optional)
- Salt and pepper to taste
- 1 cup part skim ricotta cheese
- 5 oz. goat cheese, first light creamery
- 68 wonton wrappers
- 2 Tbsp. olive oil
- 1 large leek, trimmed and thinly sliced
- 1 cup low sodium chicken or vegetable broth
- 1/3 cup toasted pumpkin seeds

NUTRITION INFO

Nutrition Facts	
servings per container	
Serving size	(365g)
Amount per serving	
Calories	560
% Daily Value*	
Total Fat 20g	26%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 630mg	27%
Total Carbohydrate 72g	26%
Dietary Fiber 3g	11%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 277mg	20%
Iron 5mg	30%
Potassium 624mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PREPARATION

1. Preheat oven to 425°F
2. On a baking sheet, drizzle a little olive oil and then spread out the butternut, apple and garlic evenly
3. Bake for about 30minutes, turning once and mash slightly to combine and then set aside to cool
4. Stir in the spices, ricotta and goat cheese
5. Bring a large pot of salted water to a boil while you make the ravioli
6. Line a baking sheet with parchment paper
7. Get a small bowl of water
8. Arrange mixture and wonton wrappers in front of you
9. Place 2 wonton wrappers in front of you and spoon 1 heaping mixture in center of 1 wrapper
10. Dip fingers or pastry brush in water and brush the sides/edges of the blank wonton; place that one on top of the one with filling and gently press with fingers to seal
11. Transfer to baking sheet
12. Repeat with remaining wontons
13. Add ravioli to pot, 4 to 6 at a time, depending on the size of your pot
14. Boil for 2-3 minutes and transfer to plate with a slotted spoon; cover to keep warm
15. In a skillet, heat oil on medium heat and add leeks until soft, about 4 minutes and stir in broth about 2 minutes
16. Spoon broth over raviolis and garnish with herbs and pumpkin seeds

Healthy Options

