

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



**Easy Butternut Squash Ravioli
Makes 25 raviolis**

Use wonton wrappers instead of pasta and leftover butternut squash for this fast and easy dinner or serve as appetizers for a crowd.

Ingredients:

2 cup mashed, cooked butternut squash*
¼ teaspoon EACH cinnamon and nutmeg
¼ teaspoon EACH salt and ground pepper
½ cup parmesan cheese
1 (16-ounce) package 3-inch wonton wrappers
1 egg

2 tablespoons butter
2 tablespoons olive oil
2 teaspoons minced garlic
2 tablespoons fresh sage, chopped or ½ teaspoon dried sage
Pinch EACH salt and ground pepper
Parmesan cheese, to taste

Directions

1. Place cooked squash into a mixing bowl. Add salt, pepper, cinnamon, nutmeg, and parmesan cheese, mixing until the filling is smoothly combined.
2. In a small bowl, beat the egg plus 1 tablespoon water. Set aside.
3. To assemble the ravioli, place wonton on a clean, flat surface. Brush edges with the beaten egg. Place about 1 tablespoon of the squash in the middle of the wonton wrapper. Cover with a second wonton wrapper and press edges to seal. Repeat with remaining wonton wrappers.
4. Bring a large pot of boiling water to boil. Drop the ravioli into the boiling water and cook for 3-5 minutes, or until tender. Remove, drain, and keep warm until sauce is prepared.
5. Heat a large skillet with butter and oil. Add garlic and sage and saute 2-3 minutes, do not brown the garlic. Drizzle over warm ravioli. Serve with parmesan cheese.

Note: To prepare butternut squash: Cut butternut squash (1½ -2 pounds) in half lengthwise, scoop out seeds, place on a greased baking sheet and bake 30-40 minutes until tender when pierced with a knife. Scoop out squash and discard skin. Mash with a potato masher.

Nutritional Information per 4 ravioli and sauce:

Calories: 238	Cholesterol: 52mg
Total Fat: 12g	Carbohydrates: 26mg
Saturated Fat: 4g	Dietary Fiber: 3g
Protein: 7g	Sodium: 387mg