

PUMPKIN RAVIOLI WITH SAGE PESTO

This recipe originally appeared in TABLE Magazine's inaugural issue in 2006

Servings: 6

For Raviolis:

- 1/3 cup pepitas -- + 1/4 cup for garnish
- 2 cups pumpkin puree -- (or one 15-ounce can pumpkin puree)
- 1 cup low fat ricotta cheese
- 4 cloves garlic -- roasted
- 1/2 teaspoon kosher salt

- 1/2 teaspoon fresh thyme leaves -- (removed from stem)
- 60 each won-ton wrappers -- (round)
- water

For Sage Pesto:

- 1/2 cup pepitas
- 5 fresh sage leaves
- 1/2 cup grated Parmesan cheese
- 1/2 cup extra virgin olive oil

TO MAKE THE RAVIOLI

- o To make the filling, place the pepitas in a food processor and pulse until finely ground. Add the pumpkin, ricotta cheese, roasted garlic, salt and thyme and blend until smooth. Adjust salt to taste.
- o To assemble the raviolis, work in batches by placing 5 won-ton wrappers on a work surface at a time. Keep the remaining wrappers covered with a damp cloth to keep from drying out.
- o Place 1 tablespoon of filling on the center of each won-ton wrapper. Moisten the edges of the wrapper by dipping your finger in water and running it along the edges of the wrapper. Place a second won-ton wrapper on top of the filling and gently seal the edges of the top and bottom wrappers, working to remove any excess air but keeping the filling in the center of the "ravioli".
- o Complete this process until you have 30 completed raviolis.

TO MAKE THE PESTO

- o Place pepitas in a food processor fitted with a metal blade. Pulse until pepitas are finely ground.
- o Add sage leaves and Parmesan cheese. Blend until sage leaves are finely chopped and cheese is incorporated.
- o With food processor running, slowly add the olive oil until pesto is well blended.
- o Pour about one-fourth of the pesto on a serving platter and spread evenly. Reserve the remaining pesto.

TO COOK THE RAVIOLI

- o Bring 2 quarts of water to a boil and cook in batches of 5 at a time for 1 1/2 to 2 minutes, or until the raviolis are translucent and float.
- o Remove from water with a strainer and place on serving platter spread with Sage Pesto. Drizzle lightly with additional Sage Pesto and garnish with grated Parmesan cheese and whole pepitas.

Yield: 5 raviolis per serving

Per Serving (excluding unknown items): 443 Calories; 16g Fat (32.2% calories from fat); 16g Protein; 59g Carbohydrate; 5g Dietary Fiber; 22mg Cholesterol; 733mg Sodium. Exchanges: 3 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 2 1/2 Fat.

NOTES: These raviolis are a quick and hearty fall dish, made easy by using won-ton wrappers as your ravioli shell. Using the round Gyoza shells makes for pretty ravioli, but you can use the square wrappers as well. This recipe is for a main course, but is excellent as a side to roasted or grilled turkey.

* Pepitas are shelled, salted pumpkin seeds (green in color and lightly salted). They can be found in the produce department at your local Giant Eagle under the Earth Treats brand by Snax & Nut Company of Pittsburgh, PA 15222

- o You will have extra filling, which can be refrigerated for 3 days, or frozen for 3 months.
- o Remaining Sage Pesto is excellent drizzled over roasted turkey or grilled turkey breasts.