

Beet Ravioli

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 4 servings

Ingredients:

- 2 large beets
- 2 ½ teaspoons olive oil
- 2 eggs
- 3 ¼ cups flour
- 1 teaspoon salt
- 1 tablespoon parsley, chopped
- 1 tablespoon mint, chopped
- 1 cup ricotta cheese
- ¾ cup goat cheese
- ¼ teaspoon kosher salt
- ½ teaspoon black pepper
- 4 tablespoons olive oil
- 1 tablespoon parsley, chopped, to serve



Method of Preparation:

1. Preheat the oven to 400 degrees.
2. Drizzle the beets with olive and wrap with foil. Roast for one hour.
3. Remove beets from oven, allow to cool and remove the skins.
4. Place beets into a food processor and puree until smooth. Add eggs until combined. Add flour and salt and process until dough comes together.
5. Transfer dough to floured surface. Knead until smooth. Cover and let rest for two hours.
6. While the dough is resting make the cheese filling.
7. Bring a pot of water to a boil to cook the ravioli.
8. In a medium bowl, combine parsley, mint, ricotta, goat cheese, salt and pepper.
9. Separate the dough into four pieces. Roll out one piece of dough into thin layer.
10. Place about a half-a- tablespoon of filling onto the dough, consistently, about one inch apart.
11. Roll out another piece of dough and place it over the sheet with the filling.
12. Use a sharp knife to cut the ravioli into squares. Pinch the edges with a fork. Set aside in a single layer on a baking sheet.
13. Add ravioli to the boiling water. Stir until the water returns to a boil. After about 5-7 minutes, ravioli is done when begins to float.
14. Serve with olive oil, salt, pepper and fresh parsley.

Nutritional Analysis:

Calories: 705
Carbohydrates: 82 g
Sodium: 824 mg
Protein: 28 g
Fat: 27 g
Fiber: 4 g

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09.26.16 “Beet It Week”