

Three Cheese Ravioli Florentine

Serving Size: 1/6 of recipe

Serves: 6

Pasta Ingredients

1½ cups Semolina Pasta flour
1½ cups unbleached white flour
1 dash salt
2 eggs, beaten
½ cup warm water

Filling Ingredients

1 cup 1% lowfat cottage cheese, drained
¼ cup Romano cheese, grated
¼ cup part skim Mozzarella cheese, grated
2 eggs
1½ tablespoons minced Italian parsley
½ cup chopped cooked spinach, squeezed dry
1 dash nutmeg

Directions

Sift the flour and salt together in a large mixing bowl. Make a well in the center of the flour.

Add the eggs to the flour well and stir together to combine. While stirring gradually add enough warm water to make a stiff dough.

Turn the dough out onto a floured surface and knead well until smooth. Cover the dough and let it rest for 15 minutes.

Cut the dough in half and roll each half into a very thin sheet about 1/16 to 1/8 inch thick. Place 1 to 1½ teaspoons of filling on the sheet about 1½ inches apart all over the sheet. Then cover with the other sheet and gently press the dough between the filling with your fingers to seal each ravioli. Cut the raviolis apart with a sharp knife or scissors. Allow to dry for 1 hour before cooking.

Drop the ravioli into boiling water and cook for 10-15 minutes until tender. Remove the ravioli and drain well. Serve with your favorite pasta sauce.

This basic pasta dough could be used to make other pastas such as tortellini, linguini or fettuccini.

Exchanges per serving:

2 Lean Meats, 3 Starches, 1 Vegetable

Nutrients per serving:

Calories: 352
Calories from fat: 67
Total Fat: 7g
Cholesterol: 172mg
Sodium: 360mg
Total Carbohydrate: 50g
Dietary Fiber: 2g
Protein: 19g