



## RAVIOLI WITH SPINACH AND SUNDRIED TOMATOES

Servings = 6 · serving size: about 1 1/2 cups

25 minutes Prep + Cook Time



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This dinner has a combination of sweet, spicy and savory that I love. It may look like a lot of spinach at first, but it melts away to practically nothing once it's cooked, so the kids probably won't even mind it -- ours didn't. Serve it with a green salad with beets, goat cheese and pecans.

- 20 oz. cheese ravioli
- 6-9 oz. baby spinach
- 1 Tbsp. extra virgin olive oil
- 1/2 yellow onion, finely diced
- 1 tsp. minced garlic, (1 - 2 cloves)
- 5 sundried tomatoes, marinated in oil or dry, chopped
- 1/4- 1/2 tsp. crushed red pepper flakes, to taste (optional)
- 1 1/2 cups red pasta sauce

Cook the ravioli according to the package directions. When it is 1 minute from being done, add the spinach to the water with the ravioli, then drain the spinach and pasta.

Meanwhile, in a large heavy skillet, heat the oil over medium heat. Add the onions and sauté them for about 4 minutes until they are softened. (Meanwhile, make the salad, if you are serving it.) Add the garlic, sundried tomatoes, and crushed red pepper flakes (optional) and sauté them with the onions for about 1 minute. Add the pasta sauce and bring it to a low boil. Reduce the heat, if necessary, and simmer the sauce, stirring occasionally, until the ravioli and spinach are done.

Combine the ravioli, spinach and sauce, and serve it immediately, or refrigerate it for up to 2 days, or freeze it for up to 3 months.

**Do Ahead or Delegate:** Dice the onion, peel the garlic, and chop the sundried tomatoes.

**Scramble Flavor Booster:** Serve it with extra crushed red pepper flakes.

**Tip:**

Make sure to use a large pot when cooking this dish. While the spinach will shrink quickly, it initially takes up a lot of space.

### **SERVE WITH GREEN SALAD WITH BEETS, GOAT CHEESE AND PECANS**

To make the salad, in a large bowl, combine 6 - 8 cups chopped lettuce with 1/4 cup chopped cooked beets, 2 Tbsp. crumbled goat cheese, 2 Tbsp. coarsely chopped pecans and 2 - 4 Tbsp. vinaigrette or dressing of your choice.

**Nutritional Information per serving** (% based upon daily values)

Calories: 390; Total Fat: 13g, 20%; Saturated Fat: 6g, 30%; Cholesterol: 75mg, 25%; Sodium: 730mg, 30%; Total Carbohydrate: 48g, 16%; Dietary Fiber: 8g, 32%; Sugar: 7g; Protein: 18g

**Nutritional Information per serving with sidedish** (% based upon daily values)

(1 1/2 cups salad)

Calories: 449; Total Fat: 17g, 25%; Saturated Fat: 7g, 35%; Cholesterol: 80mg, 27%; Sodium: 849mg, 35%; Total Carbohydrate: 52g, 17%; Dietary Fiber: 10g, 38%; Sugar: 10g; Protein: 21g