

American Flag Ravioli in Creamy Garden Sauce

Makes: 6 Servings

"I saw a cool way to put designs into pasta and thought I could try to make red stripes for the American Flag," says Daniela. "My favorite parts of making this were when I made the nest in the flour to hold the ingredients. I loved mixing the beet dough and seeing the red color pop out! I also really liked to turn the pasta crank. My dad grinds all of our flour. We grow a lot of vegetables used to make the garden sauce for the ravioli."

Ingredients

For the Whole-Wheat Dough:

- 1 cup** whole-wheat flour
- 1 cup** 9-grain flour (or you can substitute all-purpose or semolina)
- 2** eggs, beaten
- 2 teaspoons** olive oil
- 1/4 teaspoon** salt
- 1** egg, beaten, for sealing

For the Red Flag Stripe Dough:

- 1/2** beet, peeled, halved, and quartered
- 1/2 cup** whole-wheat flour
- 1/2 cup** 9-grain flour (or you can substitute all-purpose or semolina)
- 1** egg, beaten
- 1 teaspoon** olive oil
- 1/8 teaspoon** salt
- Water if needed, to form dough

For the Sauce:

- 1 tablespoon** olive oil
- 2** garlic cloves, peeled and minced
- 8** tomatoes, seeded and chopped
- 1** squash, peeled and chopped
- 1** zucchini, peeled and chopped
- Sprig of fresh oregano or **1/4** teaspoon dried
- 2** sprigs of thyme or **1/2** teaspoon dried
- Sprig of rosemary or **1/4** teaspoon dried



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	494	
Total Fat	18 g	
Protein	26 g	
Carbohydrates	61 g	
Dietary Fiber	7 g	
Saturated Fat	6 g	
Sodium	657 mg	

*Percent Daily Values are based on a 2,000 calorie diet.

MyPlate Food Groups

Vegetables	1 3/4 cups
Grains	4 ounces
Protein Foods	2 ounces

Directions

- 1. To make the Whole-Wheat Dough:** In a large mixing bowl, combine the two flours. Form a hole or nest in the flour and add eggs, oil and salt; stir to mix. Add a bit of flour or water, if needed, to form a dough. Separate the dough into two equal pieces and feed into the pasta maker to form a long, thin sheet of pasta dough. Or, flatten the dough with a rolling pin into a sheet, $\frac{1}{4}$ -inch thick or less.
- 2. To make the Red Flag--Stripe Dough:** In a medium saucepan filled with cold water, boil beets over medium-high heat, about 5 minutes, or until soft. In a blender, combine the beets with $\frac{1}{4}$ cup of the beet water, and blend into a puree. In a large mixing bowl, combine the flours. Form a hole or nest in the flour and add beet puree, eggs, oil, salt; stir to mix. Add a bit of flour or water, if needed, to form a dough. Separate the dough into two equal pieces and feed into the pasta maker to form long, thin pasta strands, like spaghetti noodles. Or, flatten the dough with a rolling pin into a sheet, $\frac{1}{4}$ -inch thick or less and use a knife to make skinny long strips. Lay the red dough strips on top of the sheets of whole--wheat dough, $\frac{1}{2}$ -inch apart in a stripe pattern, and press into pasta. Lay it flat.
- 3. To make the Sauce:** Toss all the sauce ingredients into a crockpot on low heat for 10 hours or more. Or, in a large stockpot, warm olive oil over medium heat, cook the garlic for 2 minutes, then add the remaining ingredients, cover, reduce heat to low, and simmer for 20 minutes until slightly thickened.
- 4. To make the Filling:** In a large nonstick skillet, warm the olive oil over medium heat, add the onions, garlic, and shrimp, and cook for 6 minutes or until the shrimp is pink and cooked through. Add the parsley and ricotta cheese and mix well. Salt to taste.
- 5. To Assemble:** Place $\frac{1}{2}$ tablespoon of filling on the overturned, flat dough sheet about $\frac{1}{2}$ -inch apart. Brush beaten egg around the mounds of filling. Place the other flat sheet of dough on top of the mounds, so that the stripes are facing up. Press a very small cup, bowl, or cookie cutter around each mound of dough and filling to create a cut-out ravioli. Use the extra dough to make more raviolis. Seal the dough edges with a fork. In a large

stockpot of boiling salted water, drop 10 ravioli in at a time, and cook over medium heat, for 6 minutes, or until they are completely cooked and float up to the top. On each plate, combine 5 ravioli with $\frac{1}{4}$ cup of tomato sauce and serve.

The 2016 Healthy Lunchtime Challenge Cookbook