



Ravioli with Arugula and Pecorino

Recipe Source: www.eatingwell.com

Ingredients:

1 lb fresh or frozen cheese ravioli, preferably whole wheat
1 large clove garlic, minced
½ tsp kosher salt
¼ cup extra-virgin olive oil
2 large shallots, sliced
3 TBSP red-wine vinegar
1 tsp Dijon mustard
Freshly ground pepper, to taste
6 cups arugula
½ cup shaved Pecorino Romano or Parmesan cheese

Steps:

- Bring a large pot of water to a boil. Cook ravioli until tender, 7-9 minutes or according to package directions.
- Meanwhile, mash garlic and salt into a paste with the side of a chef's knife or back of a spoon. Heat oil in a small skillet over medium heat. Add the garlic paste and shallots and cook, stirring often, until just starting to brown, 2-3 minutes. Stir in vinegar, mustard, and pepper; remove from heat.
- Drain ravioli well. Place in a large bowl and toss with arugula and the dressing. Serve sprinkled with cheese.

Tips from the Test Kitchen: You could toss with other hearty greens, like chard or kale. You might want to steam these types of greens separately before tossing.

Nutritional Facts: per serving Calories: 305, Carbohydrates: 23 grams, Protein: 9 grams, Total Fat: 20 grams, Saturated Fat: 5 grams, Cholesterol: 23 mg, Sodium: 803 mg, Fiber: 2 grams, Total Sugars: 6 grams.