



## ZUCCHINI RAVIOLI

*Recipe developed by Chef Paige Vondran*

	Ingredients	Exchanges
Protein	14 gm ricotta cheese, whole milk	1 (-1 gm fat)
	24.8 gm beef pastrami	2.7 (+1.35 gm fat)
Fat	24.4 gm olive oil	6 (+0.35 gm)
Carbohydrate	21.9 gm thinly sliced zucchini, lengthwise	1
	8.5 gm Rao's® sensitive marinara sauce	0.3 (-0.75 gm fat)
Other	Salt, garlic powder, and dried oregano	

### DIRECTIONS

- In a small pan, combine the chopped or thinly sliced pastrami and ricotta cheese.
- Season to taste with salt, pepper, and garlic powder.
- Using a mandolin slicer, thinly slice the zucchini lengthwise.
- Place two zucchini slices down, placing one over top of the other to form an X.
- Scoop the pastrami and ricotta cheese mixture on the X intersection of the zucchini slices.
- Fold the zucchini slices around the pastrami mixture.
- Preheat the oven to 350°F.
- Line a baking sheet with parchment paper.
- Place the ravioli on the parchment paper, with the zucchini ends facing the bottom.
- Bake for 10-15 minutes until zucchini appears tender.
- In a separate bowl, combine the marinara sauce and olive oil. Season to taste.
- Serve the zucchini ravioli with the marinara sauce mixture.

### VARIATIONS

- Either the ricotta or the pastrami can be omitted to create a kosher option.
- Regular marinara sauce can also be used.
- Other meats can be used such as ground beef, turkey, or chicken.
- Other thinly sliced vegetables can be used such as yellow squash, carrot, or eggplant.
- The filling can be stored in the freezer, but not the zucchini component. Zucchini will become soggy in the freezer and no longer have the same texture once reheated.

### NEW INGREDIENTS

Beef Pastrami (generic exchange)

- 1 protein exchange= 9.2 gm (+0.5 gm fat)

Rao's Sensitive Marinara Sauce (brand specific, unseasoned marinara sauce)

- 1 carbohydrate exchange= 28.3 gm (-2.5 gm fat)