CHICKEN RAVIOLI

I love ravioli. I like making it even more since I got a pasta roller, but either way it's worth the time and effort. This recipe was an attempt to make something delicious and filling, but still be reasonably low in calories. Normally, 10 raviolis is a good sized portion, and at 30 calories, not counting any sauce, this is pretty good as a diet food! Add a salad and you'll be contented and can feel virtuous at the same time.

INGREDIENTS:

2 Cups Chicken, cooked and diced (2 good sized breasts)
¾ Cup Cottage Cheese
1 Egg
½ Cup Parmesan Cheese, grated
1 Cup Spinach, cooked and chopped
2 Tablespoons Olive Oil
½ Salt
¼ teaspoon Garlic
¼ teaspoon Sage
¼ teaspoon Rosemary
¼ teaspoon Sage
¼ teaspoon Pepper

DIRECTIONS:

Combine all of the spices together in a small bowl. Place the chicken breasts (boneless and skinless) in a zip lock bag and beat with a mallet until it's about ½ thick. Sprinkle the spice mixture on both sides of the chicken, and cook the chicken with about 3 Tablespoons of olive oil in a skillet over medium heat until just cooked through. Since you pounded it flat, this won't take very long to cook, 3-5 minutes on each side depending on your stove setting. If it's not pink inside it's done. Go ahead and look, because overcooked chicken is dry and miserable.

Allow the chicken to cool and dice it finely. In a medium bowl, add the rest of the ingredients and mix well, then add in the chicken to combine.

Prepare the dough as explained in the "Ravioli" recipe or "Homemade Pasta" recipe. This recipe makes about 60 raviolis. The filling as published is 13 calories/ravioli, so combined with the pasta, it's 30 calories each, not counting your sauce.