

MUSROOM STUFFED RAVIOLI

If you like mushrooms, this is a great dish. If you don't like mushrooms, you should try it anyway, it may change your mind. This recipe calls for Portobello mushrooms, but you can use whatever kind you like.

INGREDIENTS:

2 Tablespoons Olive Oil
1 small Onion, finely chopped
8 oz. Portobello Mushrooms, thinly sliced
1 clove Garlic, crushed
6 Tablespoons Olive Oil
3 Tablespoons grated Parmesan Cheese
½ teaspoon Black Pepper, freshly ground
½ cube Chicken Bullion, crumbled

DIRECTIONS:

Sauté the onion and garlic in 2 Tablespoons of olive oil until the onion is translucent and your kitchen smells great. Set the onion mixture aside and add another 4 Tablespoons of olive oil, (it's good for your heart) the mushrooms, and the chicken bullion to the pan. Cook over medium heat until all the liquid has been exuded from the mushrooms. Add the onion/garlic mixture and combine. Add the pepper and cheese and process in a food processor until it is the consistency you desire.

Fill raviolis with about ½ Tablespoon of mushroom mixture, and place them on a wire rack for a while to dry a bit.

Place in boiling water for 2 to 3 minutes, or until your pasta is tender.

This recipe makes about 35 raviolis in my ravioli mold, and the filling and pasta comes to a total of 31 calories each.