Florentine Ravioli

Be sure to read the label when buying ravioli or tortellini because the fat content can vary significantly depending on the brand. Look for brands that have 9 grams of fat or less per serving.

Recipe from: EatingWell.com

Ingredients:
- 1-20 oz. package cheese ravioli or tortellini (4 cups)
- 6 tsp. olive oil, divided
- 4 cloves garlic, minced
- ¼ tsp. salt
- ⅛ tsp. crushed red pepper
- 1-16 oz. bag whole leaf spinach
- ½ cup water
- ¼ cup freshly grated Parmesan cheese

Directions:
1. Bring large pot of water to a boil; cook ravioli or tortellini according to package instructions.
2. Meanwhile, heat 2 teaspoons oil in a large nonstick skillet on medium heat. Add garlic and cook about 30 seconds. Add salt, crushed red pepper, spinach and water. Cook, stirring frequently, until spinach is wilted, about 5-7 minutes.
3. Divide pasta among four bowls and drizzle 1 teaspoon of oil over each portion. Divide the sautéed spinach among the four bowls.
4. Sprinkle each portion with parmesan cheese and serve immediately.

Nutrition Facts
Serves 4
Serving: ⅛ of pasta and vegetables
Calories: 277
Fat: 13 grams
Saturated fat: 4 grams
Sodium: 654 mg
Carbohydrates: 28 grams
Fiber: 6 grams
Protein: 14 grams