

Butternut Squash Ravioli

From – *Stony Field Recipes*

1 package wonton wrappers
2 cups of peeled butternut squash cut into 1” cubes
4 Tbsp, plus 1 tsp olive oil
salt and pepper to taste
1 cup low fat plain yogurt, divided
1 large egg
¼ tsp salt
¼ tsp nutmeg
2 Tbsp butter
2 Tbsp minced shallot or onion
1 cup Parmesan cheese, shredded or grated
10 fresh sage leaves, chopped
¼ cup walnuts, pecans, or hazelnuts
flour for dusting

- Heat oven to 350F.
- In a large bowl combine butternut, 1 tsp olive oil, salt and pepper. Place on cookie sheet and bake for 15 minutes until soft.
- Combine roasted butternut, ½ cup yogurt, egg, salt, nutmeg, ½ cup Parmesan and pepper to taste. Mix well.
- Hold a wonton wrapper in the palm of your hand. With the other hand, dip a finger into water and wet the outside edge of the wrapper. Spoon about ½ to 1 Tbsp squash mixture into the center and fold wonton over. Pressing wet edges together to seal.
- Lightly coat a cookie sheet with flour and place folded ravioli on.
- In a small pan, toast nuts over medium-low heat, until lightly browned and fragrant about 3-5 minutes. Crush and set aside.
- In the same skillet, heat butter and olive oil on high heat until foaming slightly, reduce heat and add onions and cook until translucent about 4 minutes.
- Add chopped sage and remove from heat. Let sage fry in residual heat being careful not to burn.
- Allow to cool slightly and fold in remaining ½ cup yogurt.
- In a medium pot, bring 4 cups of water to boil over medium-high heat. Add ravioli, reduce heat to medium and simmer for 4 minutes.
- Transfer ravioli to a serving plate using a slotted spoon.
- Pour yogurt sage mixture over ravioli and top with remaining Parmesan and toasted nuts.



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