

Pumpkin Ravioli in a Wild Mushroom-Ginger Broth

(Makes 4 servings)

Ravioli filled with this savory mousse will delight your family and friends. The pumpkin says that fall has arrived and luckily for us, canned pumpkin puree is always available. Use a mélange of wild mushrooms in the broth. We like thinly sliced cremini, shiitakes, chanterelles and morels. Because some of these are hard to find, we buy dried and reconstitute them. You can use other winter squashes or sweet potatoes for the filling.

Ingredients:

Ravioli

- Refrigerated butter-flavored cooking spray
- 1 shallot, minced
- $\frac{3}{4}$ cup pumpkin puree
- $\frac{1}{4}$ cup egg substitute
- 2 tablespoons reduced-fat ricotta cheese
- 2 teaspoons minced fresh sage
- $\frac{1}{8}$ teaspoon ground nutmeg
- Freshly ground pepper
- 32 won ton wrappers (3.5-inch square), defrosted if frozen
- Kosher salt

Wild Mushroom-Ginger Broth

- 3 cups fat-free, reduced-sodium chicken broth
- 1 ounce dried wild mushrooms, rehydrated (see Note)
- $\frac{1}{2}$ pound assorted wild mushrooms, thinly sliced
- 2 teaspoons grated fresh ginger
- 1 garlic clove, crushed
- 2 scallions, white parts and 3 inches of the green, thinly sliced

Directions:

- 1) Coat a nonstick skillet with cooking spray. Sauté the shallot over medium heat until wilted, about 5 minutes. Remove from heat. In a bowl, combine the pumpkin puree, egg substitute, ricotta cheese, sage and nutmeg. Stir in the shallot and pepper. Set aside.
- 2) Place 8 won tons on the counter and put 1 tablespoon of the pumpkin mousse in the middle of each. Wet the edges of the won ton and place another on top, pressing all around the edges to seal securely. Leave square or cut with a floured glass to make a circle, again making sure that each ravioli is sealed. Place on wax paper and cover with a clean kitchen towel. Place another 8 won tons on the counter and repeat the process. If not cooking immediately, transfer to a cookie sheet, cover and refrigerate.
- 3) To make the broth, combine the chicken broth, rehydrated and fresh mushrooms, ginger and garlic in a saucepan, bring to a boil, then simmer for 10 minutes. Set aside and keep warm.
- 4) To cook the ravioli, bring a large pot of lightly salted water to a boil. Reduce to a simmer. Slide in half of the ravioli one at a time and stir gently. Poach for 2 to 3 minutes, until the ravioli rise to the top of the pot. Remove with a slotted spoon and cook the remainder of the ravioli.
- 5) While the ravioli are cooking, bring the ginger broth back to a simmer.
- 6) To serve, place 4 ravioli in each of 4 shallow soup bowls. Ladle $\frac{3}{4}$ cup broth into each soup bowl. Top with a quarter of the mushrooms and garnish with sliced scallions. Serve immediately.

NOTE: To rehydrate dried mushrooms, soak the mushrooms in boiling water to cover for about 15 minutes, or until softened. Remove the mushrooms with a slotted spoon. Strain the soaking liquid through a coffee filter to remove sediment. Use in the recipe or reserve for another use.

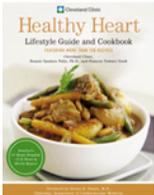
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Nutritional Analysis: *(per serving)*

- Calories: 280 (5% calories from fat)
- Total Fat: 1.5 g
- Saturated Fat: 0 g
- Protein: 13 g
- Carbohydrates: 55 g
- Dietary Fiber: 4 g
- Cholesterol: 10 mg
- Sodium: 700 mg
- Potassium: 657 mg

Dietician's Note: Although this dish contains about 100 milligrams more sodium than we generally recommend at a meal, it is a good source of potassium, contains dietary fiber, and is low in total fat. Just make sure you monitor the sodium content in your other meals, and serve the ravioli with a side of fresh vegetables.

Source:



This heart-healthy recipe and more than 150 others are available from the nation's #1 heart center in the "Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook" (© 2007 Broadway Books).

The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.