

# LOUISA

*— Pasta filled with Passion! —*

## The Lighter Side of Pasta

---

5 Lent Ready  
Recipes  
Under 500  
Calories



# RAVIOLI SHRIMP SCAMPI

INGREDIENTS: SERVES 4

28 Five Cheese Mezzaluna Ravioli - #40601

1 TBS Butter

1 Shallot, thinly sliced

4 cloves garlic, minced

1 lb shrimp, peeled and deveined

4 oz crimini mushrooms, sliced

1 tsp. salt

½ tsp. red pepper flakes

3 Tbsp. white wine

2 tsp. lemon juice

TT fresh parsley



DIRECTIONS:

Place a large sauté pan over medium heat, add butter and then the chopped garlic, mushrooms, and shallots. Allow them to lightly brown, then add in white wine. After wine has simmered for 2-3 minutes, add shrimp and cook until tender. Stir in lemon juice and red pepper.

Bring water to a rolling boil in a medium pot and cook ravioli according to directions. When they are tender, drain and add to the sauté pan. Stir to evenly coat. Divide the shrimp and ravioli evenly among four plates. Top with fresh parsley. Serve immediately and enjoy.

{490 CALORIES PER SERVING}

# GOAT CHEESE RAVIOLI WITH ROASTED RED PEPPER SAUCE

INGREDIENTS: SERVES 4

32 Goat Cheese Ravioli - #40685

1 tsp. EVOO

2 tbs butter

3 cloves garlic

1 small onion, finely chopped

12 oz. roasted red pepper

1 c. chicken broth

¼ c. heavy cream

2 Tbsp. fresh parsley

½ c. shaved parmesan

TT fresh basil

TT black pepper



DIRECTIONS:

Blend red peppers in a small food processor with olive oil. Place a large sauté pan over medium heat, add butter and then the chopped garlic and onion. Allow to slightly brown. Pour in red pepper puree and chicken stock. Allow to simmer for 5-10 minutes, stirring often. Add in heavy cream and allow to heat through.

Bring water to a rolling boil in a medium pot and cook ravioli according to directions. When they are tender, drain and add to the sauté pan. Stir to evenly coat. Divide evenly among four plates. Top with shaved parmesan, fresh basil, and black pepper.

{480 CALORIES PER SERVING}



# MANICOTTI FLORENTINE

WITH SPICY HEIRLOOM TOMATO SAUCE

INGREDIENTS: SERVES 4

- 8 Manicotti Florentine - #40152
- 3 Tbsp. EVOO
- 1 small yellow onion, chopped
- 3 cloves garlic
- 1 tsp. red pepper flakes
- 1 #10 can heirloom tomatoes, whole
- 6 oz. tomato paste
- 2 Tbsp. fresh basil, chopped
- 2 tsp. oregano
- 2 tsp. thyme

## DIRECTIONS:

In a medium saucepan, heat the olive oil, garlic, and onions until onions turn clear. Add the tomatoes, tomato paste, and red pepper flakes, then bring to a boil. Once boiling, reduce the heat to a simmer, add in the oregano and thyme, and allow the sauce to simmer until nice and thickened.

Place two cannelloni in a rarebit dish and top with sauce. Bake for 25 minutes in a 350°F oven. Garnish with fresh herbs and serve immediately.

{460 CALORIES PER SERVING}



## DIRECTIONS:

Cook ravioli in boiling water (from frozen) for approximately 3 minutes. In large skillet, sauté spinach and red pepper. parmessan, fresh basil, and black pepper.

For Sauce:

Combine half & half, flour, cheese, lemon juice, lemon zest, garlic, dill, thyme, salt and pepper in a mixing bowl; whisk until thoroughly incorporated. Add butter to skillet and melt over medium heat. Add the prepared sauce to the skillet and bring to a boil; lower heat to a simmer. Stir in sauce to sautéed spinach. Plate and top with ravioli and additional sauce. Garnish with lemon zest and serve.

{430 CALORIES PER SERVING}

# SHRIMP & BASIL RAVIOLI WITH SAUTEÉD SPINACH

INGREDIENTS: SERVES 4

20 Shrimp & Basil Ravioli - #40635

- 4 c. fresh baby spinach
- ½ c. red pepper, finely chopped
- 1 Tbsp. butter
- 1 c. half & half
- ½ Tbsp. AP flour
- ½ c. grated parm
- 2 Tbsp. lemon juice
- 3 cloves garlic, minced
- 1 tsp. dried dill
- ¾ tsp. thyme
- Salt and Pepper, TT
- Lemon zest, TT



1918 SWITZER AVE.  
ST. LOUIS, MO 63136

## FARMERS MARKET PAPPARDELLE

INGREDIENTS: SERVES 4

4 nests (32 oz) Pappardelle noodles

3 cloves garlic, minced

3 Tbsp. white wine vinegar

¼ c. extra virgin olive oil

1 c. cherry tomatoes, quartered

¾ c. sweet corn

1 zucchini, shaved into slices

½ c. sugar snap peas

1 small red onion, sliced thin

TT salt and pepper

DIRECTIONS:

In a large bowl, stir together white wine vinegar, oil, garlic, and 1 tsp salt. Cook pasta according to directions in rolling boiling water. Add in zucchini and snap peas for 15 seconds, then drain. Add pasta and remaining vegetables to bowl and toss. Serve immediately.

{490 CALORIES PER SERVING}

