

one-pan sausage ravioli with italian salad

TOTAL TIME

30 minutes

MAKES 4

SERVINGS



APRON'S ADVICE

Try this recipe with lean ground beef, chicken, or turkey. It requires only one pan, making cleanup a snap!

SHOPPING LIST

Dry Grocery

1 tbsp extra-virgin olive oil
1/4 cup light olive oil vinaigrette
1/4 cup quartered artichoke hearts
1/4 cup roasted red peppers
1/2 cup seasoned croutons
1/4 cup sliced green olives
1 (26-oz) jar tomato basil pasta sauce

Frozen

1/2 cup diced onions

Meat

1 lb Italian sausage links
1 (9-oz) package refrigerated four-cheese ravioli

Produce

1 (10-oz) bag European salad blend
1 cup grape tomatoes
1 tbsp roasted garlic

Suggested Items

Italian bread
tiramisu
Parmesan cheese

COOKING SEQUENCE

- Prepare ravioli and begin to boil - 15 minutes
- Using clean knife and cutting board, prepare salad; complete ravioli and serve - 15 minutes

one-pan sausage ravioli

INGREDIENTS

1/2 cup frozen diced onions	1 (26-ounce) jar tomato basil pasta sauce
1 tablespoon roasted garlic	1 1/2 cups water
1 tablespoon extra virgin olive oil	1 (9-ounce) package refrigerated four-cheese ravioli
1 pound Italian sausage links	

STEPS

1. Place onions, garlic, and olive oil in large saucepan over medium-high heat. 2. Remove casing from sausage by cutting off one end of casing and squeezing contents into pan. Slide casing through fingers to remove entire contents. Wash hands. Cook 5–7 minutes until meat is brown and no pink remains. Stir frequently and break meat up as it cooks. 3. Stir in remaining ingredients. Bring to a boil and cook 10–12 minutes, stirring occasionally, until pasta is tender and sauce thickens. Serve.

CALORIES (per 1/4 recipe) 750kcal; FAT 48g; CHOL 107mg; SODIUM 1769mg; CARB 47g; FIBER 6g; PROTEIN 29g; VIT A 0%; VIT C 33%; CALC 28%; IRON 25%

italian salad

INGREDIENTS

1/4 cup canned artichoke hearts	1/4 cup sliced green olives
1/4 cup roasted red peppers	1/2 cup seasoned croutons
1 cup grape tomatoes (rinsed)	1/4 cup light olive oil vinaigrette
1 (10-ounce) bag European salad blend	

STEPS

1. Dice artichokes and peppers into small, bite-size pieces. Slice tomatoes in half, if desired. 2. Place salad blend, artichokes, peppers, tomatoes, and olives in salad bowl; chill until ready to serve. 3. Add croutons and salad dressing; toss and serve.

CALORIES (per 1/4 recipe) 98kcal; FAT 5g; CHOL 0mg; SODIUM 454mg; CARB 11g; FIBER 1g; PROTEIN 1g; VIT A 26%; VIT C 34%; CALC 2%; IRON 4%



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