

CRISPY BAKED RAVIOLI WITH RED PEPPERS AND MUSHROOM BOLOGNESE WITH SIDE OF BROCCOLI

Preparation: 15 minutes | Cooking: 20 minutes | Servings: 4

INGREDIENTS

Cooking spray
1 pound fresh cheese ravioli
1 large bell pepper (diced)
1 large egg
3 cups broccoli florets
2 cups chopped mushrooms
2 cups low-sodium marinara sauce
1 cup panko breadcrumbs (whole wheat)
1/3 cup walnuts (finely chopped)
1/4 cup grated parmesan (more for serving)
1 tablespoon of water
1 tablespoons E.V.O.O.
1/2 teaspoon Italian seasoning



INSTRUCTIONS

Preheat the oven to 425 degrees Fahrenheit. Place a wire rack on a rimmed baking sheet. Coat the rack and sheet with cooking spray. In a shallow dish, combine the breadcrumbs, parmesan and Italian seasoning. Whisk the egg and water in a separate shallow dish. Dip the ravioli in the egg, letting the excess drip off. Then, coat in the breadcrumb mixture, and place each ravioli on the wire rack. Lightly coat the ravioli with cooking spray. Bake for about 15 minutes until the raviolis are golden brown and crispy. Meanwhile, heat oil in a large saucepan over medium-high heat. Add the bell pepper and mushrooms, cooking and stirring for about 4 minutes, until softened. Add in the walnuts, and continue cooking and stirring for 1 minute. Lastly, add the marinara and cook for about 2 minutes, until hot. Once finished, spray a small pan with cooking spray and cook the broccoli until desired tenderness. Use salt and pepper as needed. Serve the ravioli with the sauce and more parmesan, if desired.