

Italian Meatballs and Ravioli

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Servings: 6

1 medium zucchini squash, coarsely chopped
1/2 cup roasted red peppers, coarsely chopped
1/2 cup fresh basil, coarsely chopped
1 tablespoon canola oil
1 pound fresh pork (or beef) Italian meatballs
2 packages (8 ounce ea) fresh cheese ravioli
1 jar (13.75 ounce) extra garlic bruschetta topping
1/2 cup unsalted chicken stock (or broth)
1/2 cup crumbled garlic/herb feta cheese

Bring water to a boil for pasta. Cut the squash lengthwise into quarters, then cut into bite-size pieces. Chop the peppers and basil.

Preheat a large nonstick sauté pan on medium for 2 to 3 minutes. Place oil in the pan. Add the meatballs. Cook for 3 to 4 minutes or until browned on all sides. Add the zucchini to the meatballs. Cook and stir for 2 to 3 minutes or until the zucchini is tender.

Cook the pasta following package instructions.

Reduce the heat on the meatballs to medium-low. Add the peppers, bruschetta and stock to the meatballs. Simmer for 7 to 8 minutes or until the meatballs are 160 degrees.

Drain the ravioli and add the meatballs. Stir in the basil and top with feta cheese.

Serve.

Start to Finish Time: 30 minutes

HOW TO FORM PERFECT MEATBALLS EVERY TIME.

- 1 Press the meat into a rectangle on parchment paper.
- 2 Cut the meat into even squares using a sharp paring knife.
- 3 Roll each square individually by hand.
- 4 Season the meatballs according to recipe directions.

Making meatballs is easy. Use a wooden spoon to stir the ingredients together and a cookie scoop to shape them. Done this way, they are slightly flat on one side but you can round them by rolling them between your cupped palms.

The secret to great flavor is making sure that the meatballs are well-browned on the outside. That means adding them to the pan and leaving them alone for 3 minutes. Check one meatball; if it is a nice walnut brown, turn them. If not, wait another 2 minutes. To tell when large meatballs are done, use an instant-read thermometer to make sure that they reach 160 degrees (beef, pork, veal and lamb) or 165 degrees (chicken and turkey). Smaller meatballs are done when the time is up.

Pasta

Per Serving (excluding unknown items): 28 Calories; 2g Fat (70.9% calories from fat); 1g Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Vegetable; 1/2 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	28	Vitamin B6 (mg):	trace
% Calories from Fat:	70.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	21.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	7.2%	Riboflavin B2 (mg):	trace
Total Fat (g):	2g	Folacin (mcg):	11mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Deficit:	0.0%
Carbohydrate (g):	2g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	1mg	Vegetable:	1/2
Potassium (mg):	112mg	Fruit:	0
Calcium (mg):	11mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	1/2
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	19mg		
Vitamin A (i.u.):	723IU		
Vitamin A (r.e.):	72RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 28 Calories from Fat: 20

% Daily Values*

Total Fat 2g 4%

Saturated Fat trace 1%

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrates 2g 1%

Dietary Fiber 1g 3%

Protein 1g

Vitamin A 14%

Vitamin C 32%

Calcium 1%

Iron 2%

* Percent Daily Values are based on a 2000 calorie diet.