Ravioli Due Modi: Ravioli ‘Lasagna’

Ingredients:
Ricotta Mix
- 1 cup ricotta cheese
- 1 tsp olive oil
- 4 oz. chopped frozen spinach
- 2 garlic cloves, minced
- 2 pinches salt
- 1 pinch black pepper
- 1 pinch crushed red chili
- 1 Tbsp. Parmesan cheese
- Parsley, or Italian Seasoning

Layered Ingredients
- 1 cup Pasta Sauce
- 9-12 pieces of Ravioli
- 1 small Zucchini, sliced into rounds
- 1 Sausage, sliced into rounds
- 3 white button Mushrooms, sliced
- 8 oz. Mozzarella Cheese

Instructions:
1. Prepare an 8x8 microwave safe baking dish, or 3 microwave safe Tupperware
2. Chop up the garlic and parsley and THINLY slice the zucchini, mushrooms, and sausage.
3. Combine the Ricotta Mix ingredients together until homogenous.
4. Spread a thin layer of the pasta sauce on the bottom of the dish.
5. Add a layer of ravioli and small dollops of the ricotta mixture.
6. On top layer some of the zucchini, mushrooms, and sausage.
7. Add mozzarella cheese.
8. Repeat layers: sauce, the rest of the ravioli, ricotta, sausage [...] mozzarella.
9. Add a final layer of pasta sauce and mozzarella.
10. Microwave for 5-7min and Enjoy!

Spinach contains about 0.8mg of iron in 1 cup. 18mg are recommended per day for the average person.

Iron is an essential component in red blood cells that helps carry oxygen from your lungs to your body cells. This is necessary to create energy in the body and function normally.

The best way to absorb the iron in spinach is to cook it briefly and Vitamin C helps maximize absorption in the gut.

Total Cost of this meal:
$6.32
or
$2.11/person
**Ravioli Due Modi: Chicken and Spinach Soup w/ Ravioli**

Prep Time: 10 min.  Cook Time: 15 min.  Yield: 4

**Ingredients:**
- 1/2 cup cooked chicken, chopped
- ¼ cup carrot, chopped
- 1 stalk celery, chopped
- 1/4 medium onion, chopped
- 6 mushrooms, chopped
- 2 cups of water
- 4 cups vegetable stock
- 2 oz. spinach
- 6-9 raviolis
- ½ tsp. Italian seasoning or parsley
- Salt and pepper to taste

**Instructions:**
1. In a large pot, heat the water and vegetable stock. Add the chicken to the boiling water and cook. Takes about 5 minutes. Take out and shred.
2. Add carrots, celery, onions, and mushrooms to the pot. Boil until tender, about 5 minutes.
3. Add the chicken, frozen spinach and ravioli. Simmer until the ravioli are cooked through. About 5 min.
4. Turn off the heat, and add Italian seasoning or parsley. Salt and Pepper to taste.

*Storage and Meal Prep tip* Make the soup without ravioli, and keep the ravioli in a separate container. When ready to eat, add the ravioli into the soup and microwave on high for 3-5 minutes, or until hot.

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