

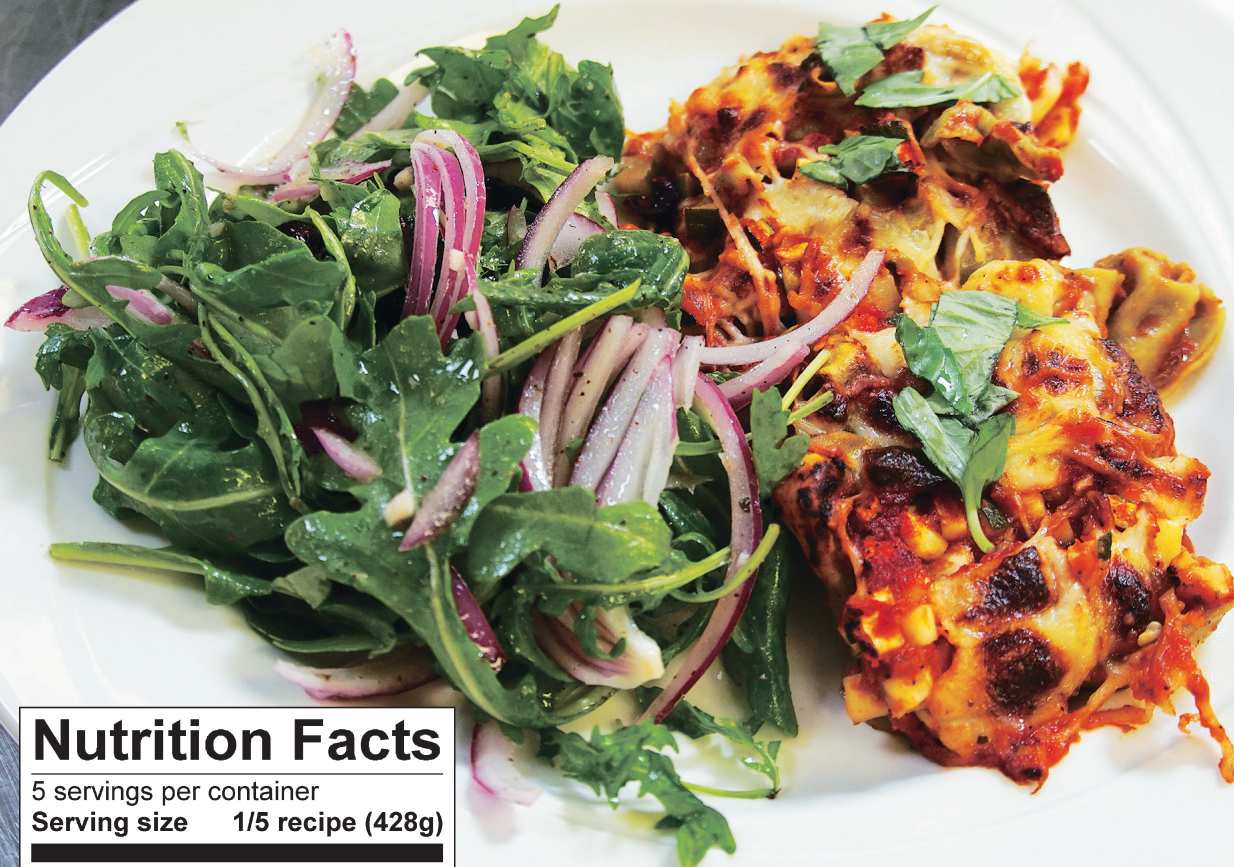


Baked Caprese Tortellini with Arugala Salad

Prep time: **15** MINUTES

Cook time: **35** MINUTES

Servings: **5**



Nutrition Facts

5 servings per container
Serving size **1/5 recipe (428g)**

Amount per serving
Calories 520

% Daily Value*

Total Fat 21g	27%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 125mg	42%
Sodium 710mg	31%
Total Carbohydrate 59g	21%
Dietary Fiber 6g	21%
Total Sugars 28g	
Includes 7g Added Sugars	14%
Protein 31g	
Vitamin D 1mcg	6%
Calcium 658mg	50%
Iron 4mg	20%
Potassium 916mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Scan code for a video of how to make this recipe!



Ingredients:

- 16 ounces spinach-filled tortellini
- 5 cloves garlic
- 1 ½ tablespoons fresh basil
- 1 medium zucchini
- 4 ounces baby arugula
- ½ small red onion
- 8 ounces fat-free mozzarella, shredded
- 1 can (28 oz) unsalted crushed tomatoes
- 1 teaspoon red pepper flakes
- ¾ cup shredded Parmesan cheese
- ½ cup dried sweetened cranberries
- ¼ cup red wine vinegar
- 4 tablespoons olive oil
- ½ teaspoon lemon juice
- 1 tablespoon salt-free Italian seasoning
- 1 teaspoon ground black pepper
- 2 tablespoons honey

Recipe adapted from Chef Ami

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dinner time is family time

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Instructions:



1. Prep

Preheat oven to 425°F. Rinse fresh produce. Mince garlic cloves and set aside one. Roughly chop the basil. Cut the zucchini into small dice. Thinly slice the red onion and place in a small bowl of ice water to reduce the sharpness of the flavor. Remove from the bowl of ice water before use.



2. Make the sauce

Heat 1 tablespoon olive oil in a large skillet over medium heat. Add 4 cloves garlic and red pepper flakes and saute until fragrant. Add crushed tomatoes, honey, 2 teaspoons Italian seasoning, and $\frac{3}{4}$ teaspoon ground black pepper and bring to a simmer.



3. Cook tortellini

Boil tortellini in a medium pot of water over high heat for 1 to 2 minutes. Drain and set aside.



4. Bake the pasta

Mix the tortellini and zucchini into the sauce. Pour mixture onto a lined baking dish and sprinkle the mozzarella and Parmesan evenly over the tortellini mixture. Bake for 20 to 25 minutes, or until cheese is golden brown.



5. Make dressing

In a small bowl, mix red wine vinegar, lemon juice, 3 tablespoons olive oil, 1 clove garlic, 1 teaspoon Italian seasoning, and $\frac{1}{4}$ teaspoon ground black pepper and set aside.

6. Make salad and final touches

Combine baby arugula, dried cranberries, red onions, and dressing in a large bowl. Plate baked tortellini and garnish with basil. Serve with the salad.

Did you know ?

- » Onions contain flavonoids, which are compounds that keep the body healthy.
- » Arugula is a leafy green with a peppery taste.

Try these tips!

- » Replace the tortellini with any filled pasta like ravioli!
- » Use half of the red pepper flakes in the sauce to make it mild.