

# Alligator Ravioli

RECIPE COURTESY OF CHEF JOHN REASON

## INGREDIENTS

- RAVIOLI FILLING
- 1 lb Louisiana alligator meat, ground
- 1 c Pepper Jack cheese, shredded
- ¼ c Cajun seasoning
- 1 garlic clove, minced
- 8 oz fresh egg pasta dough
- Bowl of cool water and brush
- PASTA SAUCE
- 1 Tbsp olive oil
- 1 onion, diced
- 1 clove of garlic, minced
- 1 red bell pepper, sliced
- ½ tsp chili flakes
- ½ tsp black pepper
- Pinch of salt, to taste
- 1 Tbsp tomato paste
- ⅓ c white wine,
- ⅓ c cherry tomatoes, halved, and roasted
- ½ c shrimp or vegetable stock
- ⅓ cup heavy cream
- ½ cup grated Parmesan
- ½ cup parsley, chopped

## DIRECTIONS

1. Brown alligator with garlic and Cajun seasoning. Mix in pepper jack cheese.
2. Roll pasta dough to 1/16" thickness, flat like paper, and rectangular 4" x 4" x 12" size.
3. Spoon alligator ravioli filling on a pasta sheet as dollops ½" part from each other. Brush lightly with cool water on edges, corners, and between fillings. Cut ravioli into squares or circles. Place in salted boiling water to cook. Remove ravioli and set aside.
4. To make the sauce: Add 1 Tbsp olive oil to a large skillet on medium heat. Add onion and cook for 4-5 minutes.
5. Add garlic, stirring continuously, add ravioli, red bell pepper slices and cook for 1-2 minutes.
6. Add seasoning, tomato paste, and wine. Cook for 1-2 minutes.
7. Add tomatoes, stock, and heavy cream. Bring to a simmer and cook for another 5-6 minutes.
8. Plate ravioli and garnish with Parmesan cheese, parsley and serve.



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## HEALTHY SWAPS

- **Lower Fat:** Omit cheese. Substitute fat-free half and half for heavy cream. 417 calories. 8g fat (2g saturated fat, 91mg cholesterol.) 3,584mg sodium. 47g carbohydrates (2g fiber, 5g sugar.) 36g protein.
- **Lower Carbohydrate:** While you make low-carb pasta dough by kneading together 2 cups shredded mozzarella, 2 eggs, & 1 tsp xanthan gum, it doubles the calories and quadruples that fat in this dish. 1,152 calories. 94g fat (56g saturated fat, 401mg cholesterol.) 4,285mg sodium. 20g carbohydrates (3g fiber, 11g sugar.) 58g protein.
- **Lower sodium:** Use salt-free Cajun seasoning to reduce sodium to 728mg.
- **Dairy-free:** Use vegan cheese and half and half such as Califa Better Half
- **Gluten-free:** Make gluten-free pasta dough by whisking together and then kneading 1 ⅓ c gluten-free flour, 1 tsp xanthan gum, 3 eggs.

<b>Nutrition Facts</b>	Amount/serving		% Daily Value*		Amount/serving	% Daily Value*	
4 servings per container Serving size 2 cups <b>Calories</b> per serving	<b>Total Fat</b>	27g		<b>35%</b>	<b>Total Carbohydrate</b>	48g	<b>17%</b>
		Saturated Fat 13g		<b>65%</b>		Dietary Fiber 2g	<b>7%</b>
		Trans Fat 0g				Total Sugars 5g	
		<b>Cholesterol</b> 145mg		<b>48%</b>		Includes 0g Added Sugars	<b>0%</b>
		<b>Sodium</b> 4590mg		<b>200%</b>	<b>Protein</b> 47g		<b>94%</b>
		Vitamin D 7mcg	35%	• Calcium 400mg	30%	• Iron 5mg	30%
		Potassium 755mg	15%				

\*The % Daily Value (DV) 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.

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