



# Mediterranean Ravioli

**YIELD: 4 SERVINGS**

## **INGREDIENTS**

- Vegetable cooking spray
- 2 teaspoons olive oil
- ½ pound eggplant, peeled and cut into ½ inch cubes
- 1 cup chopped onion
- 2 garlic cloves, minced
- 1 (15 ounce) light chunky tomato sauce
- 2 tablespoons sliced ripe olives
- 1 tablespoon balsamic vinegar
- 1 teaspoon dried thyme
- 1 (9 ounce) package refrigerated, light cheese-filled ravioli uncooked
- 3 tablespoons grated Parmesan cheese

## **DIRECTIONS**

1. Coat a large nonstick skillet with cooking spray. Add olive oil and place over medium-high heat.
2. Add eggplant, onion, and garlic. Cook stirring constantly, 5 minutes or until tender. Stir in tomato sauce and next 3 ingredients, remove from heat.
3. Cook ravioli according to package directions, omitting salt or fat; rinse and drain. Toss with vegetables, place in a 1 ½ quart shallow baking dish coated with cooking spray. Sprinkle with cheese.
4. Bake at 350 degrees for 30 minutes.

# Corn-Zucchini-Tomato Sauté

**YIELD: 8 SERVINGS**

## **INGREDIENTS**

- 1 ½ tablespoons reduced-calorie stick margarine
- 2 cups fresh corn cut from the cob (about 3 ears)
- 1 medium-size zucchini, trimmed and thinly sliced
- ½ cup sliced green onions
- ¼ cup chopped green pepper
- 1 cup peeled and chopped tomato
- 2 teaspoons chopped fresh basil
- 2 teaspoons chopped fresh oregano
- 1 teaspoon sugar
- ¼ teaspoon salt
- ¼ teaspoon salt-free lemon-pepper seasoning

## **DIRECTIONS**

1. Melt margarine in a large skillet over medium-high heat. Add corn and next 3 ingredients; sauté vegetables 5 minutes or until crisp-tender.
2. Add tomato and remaining ingredients. Cook over medium heat until vegetables are tender, stirring frequently.



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