

Pumpkin Ravioli

1 package wonton wrappers (48 count package will make 24 ravioli, or about 4 servings)

Filling (for 24 ravioli)

1 cup canned pumpkin
½ cup fat free ricotta cheese
½ cup minced onion, grilled until carmelized
½ teaspoon pumpkin pie spice (or more or less to taste)

Using a 2 cup or larger measuring cup, measure pumpkin, then add ricotta, and mix. Add minced onion and seasoning and mix. Lay out 2 rows of wonton wrappers on a cutting board. Add a rounded teaspoon of filling in the center of a wrapper. You will need approximately ½ inch of wrapper around the filling on each side in order to seal the ravioli closed. Dampen a pastry brush with water. With brush moisten all 4 edges of wrapper, about 1/4 inch distance along each edge. Place another wrapper on top and press tightly along all 4 edges to seal. Repeat with rest of wrappers. Fill a large dutch oven or stock pot with salted water and bring to a boil. When water is at a rapid boil, gently place about 10 - 12 ravioli into water and boil until they float to the top, about 3 - 5 minutes. (Wonton skins are usually very delicate, so expect that 2 or 3 will tear or open and filling will leak during boiling.) Using a large shallow slotted spoon, gently lift ravioli, drain and reserve in a serving dish while the next batch is boiling. Top with your favorite sauce or the white sauce recipe that appears below. Serve with sausage (we used Trader Joe's chicken with red pepper and onion).

If this recipe makes more ravioli than you will need, do not boil the extra ravioli. Store the ravioli in a large flat rubbermaid - type container with plastic wrap between each layer of ravioli. Store in refrigerator or freeze.

Sauce

1 cup skim milk
1½ tablespoon butter
1½ tablespoon flour
1/8 teaspoon pumpkin pie spice
salt to taste
pepper to taste

While water for ravioli is heating, melt butter over medium heat in a small saucepan. While butter is melting, pour milk into a 1 cup glass measuring cup and microwave to lukewarm (about 70-90 seconds depending on the power of your microwave). Meanwhile, whisk flour into melted butter to make a roux (paste-like consistency). Do not allow the butter/flour mixture to brown (reduce heat to a gentle simmer if necessary) and whisk while adding lukewarm milk in small increments (about 3 tablespoons at a time). After each addition of milk, mixture should begin to simmer after about 30 seconds (adjust heat accordingly) and should thicken as it simmers. With each addition of milk, mixture will transform so that it is less paste-like and more of a sauce consistency. Continue adding milk and whisking. When all milk has been added, simmer for 3 - 5 minutes to thicken. Stir periodically to avoid forming a skin. Then remove from heat, whisk in spices, cover and set aside. (By now the water should be boiling and be ready to cook the ravioli.)