

Fried Ravioli



Cookwell™
Healthy Cooking Oils

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INGREDIENTS

Fried Ravioli

- 1/4 cup Cookwell Fry Plus™
- 1 lg. Egg, lightly beaten
- 1/2 cup Whole Wheat Italian Bread Crumbs
- 1- 13 oz. Butternut Squash Ravioli

COOKING INSTRUCTIONS

1. In a large skillet heat oil over medium-high heat.
2. Dip each ravioli in egg, then in crumbs to coat well on both sides.
3. Fry ravioli until golden brown on each side.
4. Serve with pesto and enjoy!

INGREDIENTS

Basil Almond Pesto

- 3 Tbsp. Cookwell Sunflower Oil and Extra Virgin OO Blend
- 1 pkg. Fresh Basil, stems removed
- 1 Tbsp. Slivered Almonds
- 1 tsp. Parmesan Cheese
- Pinch Salt
- Pinch Chili Flakes

COOKING INSTRUCTIONS

Place all ingredients in a food processor and pulse until well combined.

Tip: Using a vegetable-filled ravioli in substitution for cheese adds more vitamins to your diet.

