



Amazing Kale Ravioli with Wonderful White Bean Alfredo Sauce + Lemon-Vanilla Italian Sodas

By Erin Fletter

Prep Time 25 / Cook Time 12 / Serves 4 - 6

Shopping List

FRESH

3 to 4 lemons

1/2 C fresh kale leaves (I like dinosaur kale, also called lacinato kale—you can use your T-Rex arms to tear the leaves!)

DAIRY

1/4 C ricotta or cottage cheese **** (see allergy subs below) ****

1 C grated Parmesan or pecorino Romano cheese **** (see allergy subs below) ****

2 C milk **** (see allergy subs below) ****

PANTRY

vegetable oil, for frying ******

24 to 48 wonton wrappers **** (see allergy subs below) ****

1 1/2 tsp salt

1 tsp ground black pepper

2 C canned cannellini or other white beans **** (see allergy subs below) ****

3/4 tsp garlic powder or 1 small garlic clove

1/8 tsp ground nutmeg

1/4 tsp pure vanilla extract **** (see allergy subs below) ****

1/2 to 1 C granulated sugar or agave syrup (or 2 to 3 stevia packs)

- 3 C sparkling water
- HAVE ON HAND
- 1 C water or more, to seal wrappers
- 2 C ice

Fun-Da-Mentals Kitchen Skills

zest: to scrape off the outer colored part of a citrus fruit's rind (skin or peel) using a metal tool with small sharp blades, such as a zester, microplane, or the small holes of a grater (avoid the "pith," the white, spongy lining of the rind that can be bitter).

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

scoop: to pick up an amount of food with a utensil to move it to a dish, pan, or container; utensils that can be used to scoop are spoons, dishers (small scoops used for cookie dough or melon balls), ice cream scoops, or large transfer scoops for bulk foods.

Equipment

- Blender (or pitcher + immersion blender)
- Cutting board
- Kid-safe knife
- Dry measuring cups
- Measuring spoons
- Liquid measuring cup
- Wooden spoon
- Nonstick skillet + lid
- Zester (or grater with small zesting plate/side)
- Medium mixing bowl
- Small bowl or cup (for water to seal wrappers)
- Plate
- Blender (or food processor or bowl + immersion blender)

Ingredients

Amazing Kale Ravioli with Wonderful White Bean Alfredo Sauce

Ravioli pasta:

24 to 48 wonton wrappers **** (for GLUTEN ALLERGY sub rice paper wrappers) ****

water, to seal wrappers

vegetable oil, for frying ******

Kale filling:

1/4 C ricotta or cottage cheese **** (for DAIRY ALLERGY sub dairy-free/nut-free cheese, like Daiya brand, OR 1 beaten egg + 2 tsp nutritional yeast) ****

1/2 C fresh kale leaves (I like dinosaur kale, also called lacinato kale—you can use your T-Rex arms to tear the leaves!)

2 T grated Parmesan or pecorino Romano cheese **** (for DAIRY ALLERGY sub dairy-free/nut-free cheese shreds, like Daiya brand) ****

1 lemon, for 1 tsp lemon zest

1/2 tsp salt

1 big pinch ground black pepper

White bean Alfredo sauce:

2 cups canned cannellini or other white beans, undrained (when measuring, fill cup to top with beans and liquid) **** (Omit sauce for kids with LEGUME ALLERGY—serve their ravioli with oil, salt, and cheese) ****

2 cups milk **** (for DAIRY ALLERGY sub dairy-free/nut-free milk) ****

3/4 teaspoon garlic powder or 1 small garlic clove

3/4 teaspoon salt + more if needed

ground black pepper, to taste

1/8 teaspoon ground nutmeg

1/4 cup grated Parmesan or pecorino Romano cheese + extra for sprinkling **** (for DAIRY ALLERGY sub dairy-free/nut-free cheese shreds, like Daiya brand) ****

Lemon-Vanilla Italian Sodas

2 to 3 lemons (for pulp and rind)

1/2 to 1 C granulated sugar/honey/agave syrup (or 2 to 3 stevia packs)

1/4 tsp pure vanilla extract **** (for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label) ****

☐ 3 C sparkling water

☐ 2 C ice

Food Allergen Substitutions

Amazing Kale Ravioli with Wonderful White Bean Alfredo Sauce

Dairy: For 1/4 C ricotta or cottage cheese, substitute dairy-free/nut-free cheese, like Daiya brand, OR 1 beaten egg + 2 tsp nutritional yeast. Substitute dairy-free/nut-free cheese shreds, like Daiya brand, for Parmesan or pecorino Romano cheese. Substitute dairy-free/nut-free milk.

Gluten/Wheat: Substitute rice paper wrappers for wonton wrappers.

Soy: Substitute canola oil or other nut-free high-smoking point oil for vegetable oil.

Legume: Do not serve the Alfredo sauce to children with a legume allergy. They can have oil, salt, and cheese on their ravioli.

Lemon-Vanilla Italian Sodas

Gluten/Wheat: Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Instructions

Amazing Kale Ravioli with Wonderful White Bean Alfredo Sauce

intro

"Ciao" (chow) or "Hello" in Italian! We're flipping the traditional Italian ravioli dish on its head by making ours out of wonton wrappers, filling them with sautéed kale and cheese, and topping them with an Alfredo sauce made with white beans! And they're delicious and healthy!

zest + tear + sauté

Have your kids zest the rind of **1 lemon** (you can use the juice for a drink, like **Lemon-Vanilla Italian Sodas**). Next, tear **1/2 cup kale leaves** into tiny bits. Add the kale to a skillet on your stovetop over medium heat with **1 pinch of salt** and a drizzle of olive oil. Sauté until the kale is wilted and cooked through, about 2 to 3 minutes.

measure + mix + count

Let's make the ravioli filling! In a medium mixing bowl, have your kids measure and mix together **1/4 cup ricotta cheese**, **2 tablespoons grated cheese**, **1/2 teaspoon salt**, and **1 teaspoon lemon zest**. Add the sautéed kale and **1 big pinch of black pepper** to taste and mix again. They can count to five in Italian while they mix: 1 uno (OO-noh), 2 due (DOO-eh), 3 tre (treh), 4 quattro (KWAHT-troh), 5 cinque (CHEEN-kweh).

ravioli shapes

Time to make the ravioli with your **24 to 48 wonton wrappers!** Choose either small triangular-shaped ravioli (1 wrapper), large square ravioli (2 wrappers), or both!

recipe tip

Make sure any air bubbles are out of the ravioli before the kids seal them, or the filling will seep out when they are cooked.

triangle fill + trace + seal

For small triangles: Fold a wonton wrapper in half from corner to corner to make a triangle. Unfold it and place a mound of about 1 teaspoon of kale filling near the centerline, on one side of a triangle half. Have your kids dip a clean finger into a small bowl or cup of water and trace the water around the edges of the wonton wrapper. Have them fold over the side without the filling to make a triangular pocket and press the edges down to seal. Be careful to push out all of the air. Repeat with the other wrappers.

square fill + trace + seal

Place a mound of about 1 teaspoon of filling in the center of a wonton wrapper. Dip a clean finger into a bowl of water and trace the water around the edges of the wonton wrapper. Trace the edges of a second wonton wrapper with water and press its moistened edges on top of the one with filling to seal them together, pushing out all of the air. Repeat with the other wrappers.

fry + remove

Add a drizzle of oil to a nonstick skillet on your stovetop. Heat to medium-high and slip the ravioli into the skillet (without any water!). Cover and brown on both sides (about 2 minutes per side). Remove finished ravioli from the skillet, placing them onto a plate, and then make the sauce.

combine + purée

Time to make the sauce (no need to clean out your skillet)! Combine **2 cups canned white beans** (undrained), **2 cups milk**, **3/4 teaspoon garlic powder**, **3/4 teaspoon salt**, and **1/8 teaspoon ground nutmeg** in a blender, food processor, or bowl for use with an immersion blender. Purée until very smooth and creamy.

heat + stir

In your skillet, heat the sauce over medium heat, stirring occasionally, to a temperature just below simmering. Turn off the heat and stir in **1/4 cup of grated cheese**. Taste and adjust the seasoning of the sauce by adding more salt and some black pepper if desired.

toss + garnish

Return your cooked ravioli to the skillet with the sauce to heat it back up. Toss the ravioli to cover with sauce. Garnish the pasta with additional grated cheese before serving.

Lemon-Vanilla Italian Sodas

scoop + add + blend

Have your kids wash **2 to 3 lemons**, cut them in half, take out the seeds, and scoop the fruit pulp into a blender (or pitcher for use with an immersion blender). Add **1/4 cup lemon rinds** (peel), **1/2 to 1 cup sugar**, **1/4 teaspoon vanilla extract**, and **1 cup sparkling water** and blend.

[pour + mix}

Pour in remaining **2 cups sparkling water** and **2 cups ice**. Mix everything well with a wooden spoon and enjoy!

Featured Ingredient: Kale!

Hi! I'm Kale!

"I'm a very healthy type of cabbage with dark green or purple leaves. Did you know that massaging my leaves with olive oil and salt makes them more tender? This is especially nice if you're eating them raw in a salad. Search, and you shall find a recipe for just about anything made from kale, even kale cupcakes!"

History

Kale may be experiencing an explosion in popularity over the past several years, but did you know that kale is an Old World staple in many countries worldwide, including Scotland, Kenya, Denmark, Italy, and Portugal? It's true. People have been enjoying kale for at least 2,000 years.

People in the Mediterranean area were the first to cultivate kale. They called it cabbage back in the day. In Roman times, cabbage was a significant crop and became a staple for peasants in the Middle Ages.

Kale made its way to the United States from England 400 years ago in the 17th century.

Despite its longstanding popularity all over the globe, the average American eats only two to three cups of kale per year. Check out how much kale you will eat today in our recipes!

Kale used to be called "peasant's cabbage," probably because it grew so abundantly. The modern name "kale" came from the Scottish word for the plant: "kail." In Scotland, in the 14th century, small gardens were known as "kailyards" because they grew so much kale.

In Ireland, years ago, on Halloween, single women and men would pull up kale stalks to predict the future of their love lives and wealth.

Anatomy & Etymology

Holy Kale! There are over fifty varieties of kale, even though we only see about three in the grocery stores! This limited supply is due to several types being inedible. Some are rather coarse, bitter, and indigestible. Ornamental Kale comes in many colors, including pink and white.

Kale leaves can be curly or straight, thin, and scalloped. Lacinato kale is popular because it is mild, and its

thinner leaves are more tender than other types of Kale. Other names for Lacinato kale are Tuscan and Dinosaur (or Dino)!

Leaves can be either purple or green. Purple leaves have a slightly different nutrient content than green leaves, but both are nutritious.

Kale is part of the Cruciferous family of vegetables because of the shape of its flowers. Taste a piece of raw kale. Does it taste like anything you've eaten before? Other vegetables in this family include Brussels sprouts, cabbage, broccoli, and cauliflower—maybe kale tastes similar to one of these veggies!

Some kale varieties can reach up to 17 or 18 feet tall!

The word "kale" came from the Northern Middle English word for cabbage, "cale" (compare Scots "kail"), from Latin "caulis."

How to Pick, Buy, & Eat

Kale prefers to grow in cold weather, but it can be grown during any season and in most climates. Kale grown and picked during the winter actually tastes sweeter! That's because kale reacts to frost by producing sugars.

Kale is harvested when leaves have grown to at least 12 inches long. Each leaf is picked individually by snapping the leaf off close to the stalk.

When shopping for kale, look for deep green leaves, unless it's the purple variety.

Before eating kale, wash each leaf under cold running water, as a lot of dirt hides at the bottom of the stalks.

Kale is super versatile. It can be braised, steamed, roasted into chips, dehydrated, blended raw into smoothies, added to soups, sliced and added to salads, or juiced.

In Japan, kale is dried, ground into powder, and added to drinks.

Nutrition

Kale is the Superhero of Vegetables. It has many antioxidants and vitamins that help keep us healthy, smart, strong, and feeling good.

Kale contains an incredible array of vitamins and nutrients, including vitamins A, K, and C, calcium, and fiber.

Remember what fiber does? It helps our digestion! Our intestines depend on fiber to work well and help us absorb the nutrients we need from our food (and get rid of what we don't!).

Kale contains over 45 different compounds that have been proven to fight cancer.

Because of an essential fatty acid in kale, called alpha-linolenic acid (or ALA), eating it may help prevent heart disease and stroke. Other foods high in ALA include avocados, navy beans, and edamame (soybeans).

The vitamins A and K in kale will be absorbed better if you eat it with a healthy fat, like avocado, olive oil, cheese, or olives.

Kale contains lutein, which is good for our eyes and vision. Lutein also helps kale retain its beautiful deep green color.

Kale includes more vitamin C than an orange and more calcium than milk!