

Creamy Ravioli and Spinach Bake

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- 1 family size package (20 ounce) cheese ravioli
- 1 package (10 ounce) frozen chopped spinach
- 1 can (15 ounce) diced tomatoes with their liquid
- 1/2 teaspoon garlic powder
- 1 cup low fat sour cream
- 1/2 teaspoon salt (optional)
- 1 teaspoon dried basil
- 1 cup crumbled low fat feta cheese or shredded part skim mozzarella cheese

Preheat oven to 375 degrees F. Cook the ravioli according to package directions. Defrost the spinach and drain thoroughly.

In a large bowl, combine remaining ingredients. Gently stir in the ravioli. Place the mixture into a flat baking dish. Cover it with foil. Bake for 15 to 20 minutes or until heated through.

Serving size: About 1-1/2 cups **Number of servings:** 8

Calories 330, **Fat** 12 grams (**Saturated Fat** 7 grams), **Sodium** 730 milligrams,

Carbohydrates 37 grams, **Fiber** 4 grams, **Protein** 17 grams

