

# ***Crab Raviola***



Recipe Courtesy Chef Bryan Woolley

1 package wonton wrappers  
1 cup fresh, cooked crab meat  
½ cup fat free ricotta cheese  
2 tbsp Italian seasoning  
1 tbsp minced garlic  
¼ cup finely chopped green onion  
1 egg, whisked and set aside  
Extra Virgin Olive Oil  
1/3 cup grated parmesan cheese  
Salt and freshly cracked pepper  
Chopped Italian Parsley

1. In a large bowl, combine crab meat, fat free ricotta cheese, Italian seasoning, garlic, and green onion. Mix together and add salt and pepper to taste.
2. Lightly brush one wonton wrapper with the egg and place about 1 tsp. of filling into the center of the wonton wrapper.
3. Fold wonton wrapper over on itself and set on to a baking sheet that has been lightly dusted with corn starch.
4. Continue filling wonton wrappers until filling is used up.
5. Bring a large pot of water to a boil and cook about 6 ravioli's at a time. The ravioli will float to the top of the water when finished cooking.
6. Transfer to a plate and lightly drizzle with olive oil (about 1 tsp.), sprinkle with 1 tbsp. parmesan cheese. Finish off with freshly cracked pepper and chopped Italian Parsley.
7. Serve and enjoy!

## **Nutrition Facts**

Serving Size: Six ravioli, tsp olive oil, 1 Tbsp Parmesan cheese

Calories	230
Total Fat	6g
Saturated Fat	1.5g
Cholesterol	50mg
Sodium	420mg
Carbohydrates	30gm
Dietary Fiber	1g
Sugars	1g
Protein	12g

## **Diabetic Exchanges**

Protein	2
Fat	1
Carbohydrates	2

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