



Gluten Free Chicken & Kale Ravioli with roasted red pepper broth and kale chips

Yield 4 portions: 20 pieces GF chicken and kale ravioli (approx. 5.5 oz. per serving)

Roasted Red Peppers:

2 ea. Red bell peppers, washed
1 tsp Olive oil
Salt and black pepper to taste

Roasted Red Pepper Broth:

2 ea. Roasted red bell peppers
1 TBSP Olive oil
1 tsp Garlic, fresh minced
2 TBSP Onion, diced
2 tsp Tomato paste
½ Cup Vegetable broth
1 TBSP Oregano leaves, fresh off the stem
1 tsp Lemon juice, fresh squeezed
Salt and black pepper to taste
Grated parmesan cheese to taste

Kale Chips:

Yield 4 servings:

1 Cup baby kale, fresh
½ tsp EVOO (extra virgin olive oil)
Salt and black pepper to taste

Roasted Red Peppers:

- Rub the bell peppers with 1 tsp olive oil and salt.
- Place on a grill and char on all sides.
- Place the peppers in a bowl and wrap with plastic wrap.
- Allow peppers to steam for 10 minutes.
- When cool enough to handle, peel the charred skin off the pepper and remove the seeds.

Roasted Red Pepper Broth:

- In a small sauce pot, add the olive oil, garlic and onion.
- Sauté over medium heat until the onions start to gain color.
- Add the tomato paste and continue to cook.



- After 2-3 minutes, deglaze the pan with the peeled, roasted peppers (approx. 2 Cups) and the vegetable broth.
- Bring to a simmer and then turn off heat.
- Add the fresh oregano leaves, lemon juice, salt and pepper.
- Carefully pour this into a blender and blend until smooth.
- Serve ¼ Cup of sauce per serving (the extra makes a great soup or sauce for chicken!)

Kale Chips:

- Preheat oven to 225° F.
- Toss the baby kale with the EVOO, salt and pepper.
- Arrange kale leaves in a single layer on a parchment paper lined baking sheet.
- Place in the oven for 1 hour, or until the kale is crisp like a chip.

To Serve:

- Cook ravioli according to instructions on the package.
- Warm the red pepper broth and ladle 2 oz. in the center of ea. of 4 plates.
- Arrange 5 ravioli on each plate on top of the sauce.
- Sprinkle the kale chips and parmesan cheese.

Buon appetito!

