



# Chia Ravioli Dinner

A delicious meat-free dinner that's colorful and flavorful. Cheese raviolis are used here, but spinach ones will work as well. This garlicky meal is so easy because it can be made all in 1 pot. If you can chop veggies and follow package instructions, you can make this delicious easy meal. This recipe makes 4 servings, but it can easily double.

## Ingredients

- 1 package cheese ravioli
- 1/2 cup broccoli
- 1/2 cup cauliflower
- 1/2 cup carrot (cut)
- 1/2 cup zucchini (chopped)
- 1/2 cup sun dried tomato (julienne)
- 2 deli slices provolone, in strips
- 1 bunch arugula (or baby spinach)

## Wet Ingredients

- 1 and 1/2 tbsp olive oil
- 2 to 3 cloves garlic cloves (minced)
- 2 tbsp MySeeds Chia Gel

First, prepare the vegetables by chopping the cauliflower, broccoli and zucchini into bite-size pieces. You can buy pre-shredded carrot, or cut small bite-size disks shown here.

Next, cook the ravioli according to package directions. Once they're cooked, drain all the water and remove the ravioli. In that same pot add the olive oil and minced garlic. Return to heat to brown the garlic. Once the garlic has browned, return the ravioli to the pot with the 2 tbsp of Chia Gel.

Sun dried tomatoes usually come in sealed bags as chunks. Slice these into small strips, as they pack big flavor--you'll want it evenly distributed throughout each plate of food.

Remove from heat, then add all the chopped vegetables and stir to coat. Last, add the arugula or spinach & stir lightly just until wilted. The chia gel will cling to the ingredients as you stir, adding fiber.

Spoon onto plates to serve, and cut the provolone into strips. Place on top and you're ready to serve this easy colorful 1-pot meal.



Garlic may be blamed for bad breath, but it can also claim some credit for better health. It is a natural antibiotic, and salmonella bacteria die when it is present. It's also an antioxidant, which means it fights free radicals that can cause aging damage in the body. The more you chop or crush garlic, the more benefits it provides. Garlic contains allicin, which prevents the oxidization of LDL cholesterol--and that's good news for your arteries!

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