

# Hazelnut Tortellini



Something special is in store tonight. You'll start with a simple cheese tortellini and then wrap it in a rich-tasting, toasted hazelnut sauce.

The dish is topped with chopped tomato and shredded Parmesan. Add dressed greens to the plate and this meal is finished. It's easy but it tastes like a complex gourmet meal.

**Preparation time: 40 minutes - Servings: 2 (plus leftovers)**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize ingredients on small plates or in bowls. Cooking's easier when everything's at your fingertips. Prep items in all boxes.

#### Hazelnut Tortellini

15 hazelnuts  
1 clove garlic (smashed and chopped)  
1/3 C. onion (finely-chopped)  
1 tsp. olive oil

1/2 C. white wine  
3/4 C. low-sodium vegetable broth  
1 tsp. dried oregano leaves

2 T. cornstarch  
mixed with  
1/4 C. water

1/4 tsp. nutmeg  
a pinch of allspice  
2 T. shredded Parmesan

8 - 10 oz. fresh cheese tortellini  
1/2 C. plain, nonfat yogurt (stirred smooth)

#### Dressed Greens

3 C. Spring Salad mix or mixed greens  
8 cherry tomatoes (halved)

#### Il Semplico dressing:

3 T. extra-virgin olive oil  
1/2 tsp. prepared mustard  
2 T. rice wine vinegar  
1/4 C. low-sodium vegetable broth  
pinch of salt

#### Garnishes

1 Roma tomato (chopped)  
4 T. shredded Parmesan  
remaining halved hazelnuts

Put Pasta Water  
on to Boil!

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

Most of the work on this meal is done when you've finished prep and toasted the hazelnuts.

### Toasting and Prepping Hazelnuts

Place nuts on a cooking tray and toast in a 400° oven for about 5 minutes. I use my toaster oven. Roll the nuts around on a tray from time to time and return to the oven until the skins turn dark brown. Remove from oven and cool. When cool, rub 4-5 nuts at a time between your palms. This will remove the loose skins. Some of the skin will stay on the nuts and that's OK. Coarsely chop 1/2 C. nuts and add to the sauce as instructed. Halve or coarsely chop the few remaining nuts to sprinkle over the finished servings before you place plates on the table.

### Hazelnut Tortellini

1. In a medium saucepan, sauté garlic and onion in oil on medium-high about 1 minute.
2. Add wine, broth and dry oregano leaves and bring to boil. Reduce heat to low and cook, covered for 5-minutes.
3. Thicken with cornstarch mixture and cook over low heat for 5-minutes.
4. Add nutmeg, allspice and Parmesan. Stir until cheese melts.
5. Add the 1/2 C. coarsely chopped hazelnuts and turn heat to simmer.
6. Place tortellini in boiling water and cook according to package instructions. When cooked, drain and rinse pasta.
7. Just before serving, remove sauce from heat and stir in yogurt. Do not return to heat.

### Dressed Greens and Plate Meal

Place washed greens and halved tomatoes in a large bowl.

#### Il Semplico Salad Dressing:

Place all salad dressing ingredients in a small jar with a tight fitting lid and shake well. Measure 3 T. dressing and toss with greens.

Make a pool of hazelnut sauce (about 1/3 C.) in the center of each plate. Arrange 20 or so pieces per serving of cooked tortellini over the sauce. (You will have leftover tortellini.) Top with a drizzle more sauce. Garnish with remaining halved nuts, chopped tomatoes and Parmesan. Arrange dressed greens around tortellini.

### What I've Learned from this Recipe

Sometimes the simplest meals can come off as the most elegant.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)

