

Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Ricotta Cheese Ravioli

- 1 block of frozen spinach
- 3/4 cup ricotta cheese
- 1/2 cup Parmesan cheese, grated
- 1/4 teaspoon sea salt

The spinach doesn't need to be cooked, just thawed. Once completely thawed, squeeze out the water in cheesecloth and add it to a bowl with the ricotta and grataed parmesan cheese. Season with sea salt and mix well. Refrigerate until ready to use.

Delicious + Easy Tomato Sauce

- 3 garlic cloves, peeled
- 1/4 teaspoon crushed red pepper
- 2 tablespoons tomato paste
- One 19-ounce can whole peeled Italian tomatoes with their juices
- 2 basil sprigs or as much as you want
- 1/4 cup kalamata olives, chopped – or more
- 2 tablespoons capers, drained – or more
- Salt and freshly ground pepper

In a large saucepan, add all ingredients and cook over moderate heat, stirring occasionally. Let it come to a simmer (never boil tomato sauce) and cook until it thickens, about 30 minutes. Season with salt and pepper. Spoon over ravioli.



Recipe + photograph courtesy of food writer, Lynn Ogryzlo
www.OntarioTable.ca
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Email Lynn with questions or comments at lynnogryzlo@gmail.com

Because What You Put In Your Body Matters!