

Eat Happy Kitchen

Anna Vocino

LOW CARB “RAVIOLI”

(Yields 22-25 “ravioli”)

- 1/2 pound ground pork
- 1/2 pound ground beef
- 2 teaspoons yellow mustard
- 1/4 cup almond flour
- 1 egg
- 1 teaspoon minced fresh parsley
- 1 teaspoon salt
- 1/2 teaspoon ground pepper
- 1/2 teaspoon dried oregano, plus more for garnish
- 1/2 teaspoon dried basil, plus more for garnish
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 12-14 provolone cheese slices

Preheat oven to 350 degrees.

In a large mixing bowl add the pork, beef, mustard, almond flour, egg, parsley, salt, pepper, oregano, basil, onion, powder and garlic powder. Using your hands, blend well, then form into 1” meatballs. Place the meatballs onto a parchment lined baking sheet. Cook for 15 minutes. Remove from the oven and transfer the meatballs to a paper towel lined plate to drain any excess drippings.

Cut the provolone slices into quarters. On a parchment lined baking sheet, layer one piece of cheese, one meatball, and then a second piece of cheese on top of each meatball, with the meatballs placed at least 2” apart. Return the baking sheet to the oven and cook 5-7 minutes. Remove from the oven and let cool 5 minutes, until the ravioli is easily removed from baking sheet. If the cheese has melted too far away from the meatball, use a spatula to

tuck the cheese back against the meatball to give it a ravioli shape. Garnish with a sprinkle of dried oregano and basil. Serve with warmed Eat Happy Kitchen Marinara.

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