

Cheese Ravioli with Pumpkin Sauce

- 1/3 cup sliced green onions
- 1/2 tsp. fennel seeds
- 1 Tbsp. all-purpose flour
- 1/8 tsp. black pepper
- 1 to 2 cloves garlic, minced
- 1 cup evaporated fat-free milk
- 1/4 tsp. Salt
- 1/2 cup solid-packed pumpkin
- 2 Tbsp. shredded Parmesan cheese (optional)
- 2 pkgs. (9 oz. each) uncooked refrigerated low-fat cheese ravioli

Lightly coat medium sized saucepan with nonstick cooking spray; heat over medium heat until hot. Add onions, garlic and fennel seeds; cook and stir 3 minutes or until onions are tender.

Combine milk, flour, salt and pepper in small bowl until smooth; stir into saucepan. Bring to a boil over high heat; boil until thickened, stirring constantly. Stir in pumpkin; reduce heat to low.

Meanwhile, cook pasta according to package directions, omitting salt. Rinse; drain. Divide ravioli evenly among 6 plates; top each with equal amounts of pumpkin sauce. Sprinkle cheese evenly over top of each serving, if desired. Serve immediately.

Makes 6 servings.