**Ravioli with Roasted Garlic Sweet Potato Sauce**

**Produce**

garlic (if needed)

1 small yellow onion

green or red leaf lettuce (if needed)

1 cucumber (if needed)

1 large sweet potato or garnet yam

cherry tomatoes (if needed)

1 lemon

**Canned/Dried Foods**

Low-sodium vegetable broth (if needed)

Dijon mustard(if needed)

cornstarch(if needed)

ground nutmeg (if needed)

white wine to cook with (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

plain nonfat yogurt (if needed)

shredded Parmesan cheese (if needed)

9 oz. fresh spinach or cheese ravioli

**Additional Items**

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