

Fresh Tomato and Arugula Pasta

- **2-2/3** cups dried ziti or mostaccioli (8 ounces)
- **1** medium onion, thinly sliced
- **2** cloves garlic, minced
- **1** tablespoon olive oil
- **4** to 6 medium tomatoes, seeded and coarsely chopped (3 cups)
- **1/2** teaspoon salt
- **1/4** teaspoon black pepper
- **1/8** to 1/4 teaspoon crushed red pepper (optional)
- **4** cups arugula and/or spinach, coarsely chopped
- **1/4** cup pine nuts or slivered almonds, toasted
- **1/4** cup crumbled Gorgonzola or Parmesan cheese

Directions

1. Cook pasta according to package directions. Drain; keep warm.
2. Meanwhile, in a large skillet cook onion and garlic in hot olive oil over medium heat until onion is tender. Add tomato, salt, black pepper, and, if desired, red pepper. Cook and stir over medium-high heat about 2 minutes or until the tomato is warm and release some of its juices. Stir in arugula and/or spinach; heat just until greens are wilted.
3. To serve, top pasta with tomato mixture; sprinkle with toasted pine nuts and cheese.
4. Fresh Tomato and Arugula Pasta with Chicken: Prepare as above but stir 2 cups chopped & roasted chicken

Easy Cheesy Cauliflower Bake

1 Head fresh Cauliflower
1 cup shredded Mozzarella cheese
1/4 cup feta cheese
1/4 cup parmesan cheese

Spray baking dish with non-stick spray. Wash & quarter cauliflower crowns.
Start by layering with the cauliflower and end up with cheese on top. This dish works well with all types of cheese.
Just be watchful for cheeses that have a lot of salt. This dish has proven to be a crowd pleaser.
Recipe submitted by: Melinda Vincent