Bow Tie Pasta

Olive oil
3 cloves minced garlic
1 cup broccoli
1 pkg farfalle pasta (bow tie pasta)
1 red pepper, sliced
1/4 tsp salt
1 1/4 cup vegetable broth
1/4 cup parmesan cheese
1/4 tsp crushed cayenne pepper

Cook pasta according to package direction. Sauté garlic in olive oil, add the red peppers and broccoli. Sauté for a few minutes. Add the broth and salt. Cover and simmer for about 5 minutes. Mix pasta and broth/veggie mixture. Add parmesan and mix well. Add cayenne pepper if desired.

Recipe by Kathi Kuhlman
Spinach Enchiladas

1 tablespoon Butter  
1/2 cup Sliced Green Onions  
2 cloves of Garlic, minced  
1 10 oz package frozen chopped spinach, Thawed, drained and squeezed dry  
1 cup Ricotta Cheese  
1/2 cup Sour Cream  
2 cups Shredded Monterey Jack Cheese  
10 6 inch Corn Tortillas  
1 19 oz can Enchilada Sauce

Preheat oven to 375 degrees F.  
Melt butter in a saucepan over medium heat. Add garlic and onions, cook for a few minutes until fragrant, but not brown. Stir in spinach, and cook for 5 more minutes. Remove from the heat and mix in the ricotta cheese, sour cream, and 1 cup of the Monterey Jack Cheese.  
In a skillet over medium heat, warm the tortillas one at a time until flexible, about 15 seconds. Spoon about 1/4 cup of the spinach mixture onto the center of each tortilla. Roll up and place seam down in a 9x13 inch baking dish. Pour enchilada sauce over the top, and sprinkle with the remaining cup of Monterey Jack Cheese.  
Bake for 15 to 20 minutes in a preheated oven, until sauce is bubbling and cheese is lightly browned at the edges.

Recipe by Linda Mockenhaupt