

Spinach Noodles and Alfredo Sauce

Noodles:

- 1 10 Ounce package of frozen chopped spinach thawed
- 1 tablespoon water
- 4 large eggs
- 4 cups sifted all purpose flour



Place spinach in a clean towel and ring out all of the water until spinach is dry. Finely chop the spinach using a food processor or blender. Mix flour and spinach. Make a well with the flour. Mix water and eggs. Pour water and egg mixture into the flour well. Mix together with fork. Knead dough for 2 minutes. Divide dough into 8 parts. Use a pasta press and press pasta and cut pasta to your preference. Cook pasta in large pot of salt water for about 6-7 minutes. Drain and add Alfredo Sauce, toss and serve. To freeze pasta, roll the fresh noodles into "nests" and freeze.

Alfredo Sauce:

- ½ cup butter
- 1-8 ounce package cream cheese
- 1 cup half and half
- 1/3 cup grated Parmesan cheese
- 1 tablespoon garlic powder (optional)
- pepper to taste

In a medium saucepan, melt butter. Once butter is almost melted, add the package of cream cheese. It's easiest to cut it into 4 pieces so that it melts quicker. Once butter and cream cheese are mixed well together, add the cup of half and half, Parmesan cheese, garlic powder and then shake pepper on top. Stir all together until well mixed. Once it's mixed well and sauce-like, take it off the burner and set aside to thicken. 1 cup per serving. Approx 10 servings per recipe.

Raina Green
Senior
Grains
Potter

Pin Wheel

- 1lb bulk pork sausage
- 1(8oz) package cream cheese, softened
- 6 pack of whole grain tortillas
- Green onion, chopped



Heat a large skillet over medium-high heat. Cook and stir sausage in the hot skillet until brown and crumbly. Approximately 10 minutes. Drain and discard grease. Mix cream cheese, sausage, and green onions in a bowl with your hands. Spread on tortilla. Roll tortilla up, slice, and serve.

Mary Ann's Marvelous Pasta Salad

½ pound whole-wheat spiral shaped pasta
½ cup walnuts
½ cup crumbled feta cheese
½ cup diced red onion
3 cups chopped baby spinach leaves
2 tablespoons walnut oil
2 tablespoons red wine vinegar
1 clove of garlic, minced (about ½ teaspoon)
½ teaspoon Dijon mustard
salt
freshly ground black pepper



Directions:

Cook the pasta according to the directions on the package. Drain the pasta, rinse it under cold water, and put it in the refrigerator to chill. In a dry sauté pan toast the walnuts over a medium-high flame until they are fragrant, about 2 minutes. Set the walnuts aside to cool then chop them coarsely. In a large bowl, toss together the chilled pasta, walnuts, feta cheese, onion, and spinach. In a small bowl whisk the oil, vinegar, garlic and mustard. Pour the dressing over the pasta salad and toss to combine. Season with salt and pepper.