

Baked Pasta with Ribbons of Squash and Greens

Cook 1 lb. Rigatoni Pasta according to pkg. Directions.

Cheese Sauce Melt 3 tbsp. butter in 2 qt. Saucepan

Stir in 3 tbsp. all-purpose flour

Cook over medium heat, stirring constantly, until flour begins to brown.

Gradually add $1\frac{1}{2}$ cups milk

Continue cooking, stirring with a wire whisk, until sauce begins to thicken (3 to 4 minutes).

Season with $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. pepper
 $\frac{1}{8}$ tsp. dry mustard

Stir in 1 cup grated Cheddar, Mozzarella, or Colby Cheese
Tear 3 cups fresh spinach, kale or rainbow chard
Peel 3 cups butternut squash ribbons (made with vegetable peeler)

Season with $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. pepper
 $\frac{1}{4}$ tsp. cayenne pepper

In 13x9" pan
Layer One third of cooked rigatoni noodles
One third of cheese sauce
1 cup fresh spinach, kale or rainbow chard
1 cup butternut squash ribbons (made with vegetable peeler)

Sprinkle with 1 cup grated Cheddar, Mozzarella, or Colby Cheese

Continue to layer with noodles, sauce, greens, squash and cheese.

Sprinkle with 1 cup homemade breadcrumbs
 $\frac{1}{2}$ cup grated Parmesan Cheese

Cover; bake in 400 degree oven for 50 to 60 minutes or until cheese is melted and heated through. Makes 6 to 8 servings.

Red Sauce for Pasta

Heat 2 tbsp. olive oil in Dutch oven

Sauté 2 carrots, peeled and grated
1 medium onion, chopped
3 cloves garlic, finely chopped

Add 28 oz. can whole tomatoes, smashed with fork
 $\frac{1}{4}$ cup mixture of fresh herbs (parsley, rosemary, thyme, or oregano)
1 bay leaf

Season with 1 tsp. salt
 $\frac{1}{2}$ tsp. coarse ground pepper
 $\frac{1}{2}$ tsp. red pepper flakes

Cook over medium heat, stirring occasionally, for 45 minutes to blend flavors.

Serve over cooked spaghetti noodles.

Top with grated Parmesan cheese.

Makes 4 servings.

Additional red sauce can be made by roasting 4 cups of ripe tomatoes with carrot, onion, and garlic in 400-degree oven for 45 minutes. Smash tomatoes and add to 28 oz. can of tomatoes, herbs and seasonings.

Sauce can be made and frozen for 3 months.