

SWEET POTATO AND RED PEPPER PASTA



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INGREDIENTS (serves 4)

- 220 grams whole-wheat pasta
- 2 tablespoons extra-virgin olive oil
- 4 cloves garlic, minced
- 3 cups shredded*, peeled sweet potato, (about 1 medium)
- 1 large red bell pepper, thinly sliced
- 1 cup diced plum tomatoes
- ½ cup water
- 2 tablespoons chopped fresh parsley
- 1 tablespoon chopped fresh tarragon
- 1 tablespoon white-wine vinegar, or lemon juice
- ¾ teaspoon salt
- ½ cup crumbled goat cheese

PREPARATION

1. Bring a large pot of water to a boil. Cook pasta until just tender, 4 to 5 minutes or according to package directions.
2. Meanwhile, place 1 tablespoon oil and garlic in a large skillet. Cook over medium heat, stirring occasionally, until the garlic is sizzling and fragrant, 2 to 5 minutes. Add sweet potato, bell pepper, tomatoes and water and cook, stirring occasionally, until the bell pepper is tender-crisp, 5 to 7 minutes. Remove from the heat; cover and keep warm.
3. Drain the pasta, reserving ½ cup of the cooking water. Return the pasta to the pot. Add the vegetable mixture, the remaining 1 tablespoon oil, parsley, tarragon, vinegar (or lemon juice), salt and cheese; toss to combine. Add the reserved pasta water, 2 tablespoons at a time, to achieve the desired consistency.

NUTRITION

Per serving: 402 calories; 12 g fat (3 g sat , 6 g mono); 7 mg cholesterol; 62 g carbohydrates; 0 g added sugars; 12 g protein; 9 g fiber; 546 mg sodium; 738 mg potassium. Nutrition Bonus: Vitamin C (140% daily value), Vitamin A (120% dv), Potassium (21% dv), Iron (15% dv).