



Sweet Potato and Red Pepper Pasta



Where service *and savings* matter.

SERVINGS: 4 servings,
about 1 3/4 cups each

INGREDIENTS:

- 8 ounces **Ronzoni Healthy Harvest** whole-wheat thin spaghetti
- 2 Tbsp **Crisco Light** olive oil, divided
- 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
- 1/2 cup water
- 2 Tbsp chopped fresh parsley
- 2 Tbsp chopped fresh tarragon
- 1 Tbsp white-wine vinegar or lemon juice
- 3/4 tsp salt
- 1/2 cup crumbled goat cheese or feta cheese

NUTRITIONALS

Nutritional analysis per serving:
calories 370, calories from fat 110,
total fat 12g, saturated fat 4g,
cholesterol 15mg, sodium 670mg,
total carbohydrate 56g, dietary
fiber 10g, sugars 7g, protein 12g,
vitamin A 150%, vitamin C 150%,
calcium 15%, iron 15%

Tip: Any fresh herbs you have on hand, like basil, oregano, sorrel or chives, can be substituted for the tarragon.

DIRECTIONS:

1. Bring a large pot of water to a boil. Cook pasta until just tender, 4 to 5 minutes. Drain the pasta, reserving 1/2 cup of the cooking water. Return the pasta to the pot and set aside.
2. Meanwhile, place 1 Tbsp 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. Add vegetable mixture, remaining 1 Tbsp oil, parsley, tarragon, vinegar (or lemon juice), salt and cheese; toss to combine. Add reserved pasta water, 2 Tbsp at a time, to achieve the desired consistency.

Source: eatingwell.com

visit unitedtexas.com for more recipe ideas

FOLD

★ Sweet Potato and Red Pepper Pasta ★

Shopping List

PRODUCE:

- 4 cloves garlic
- 1 medium sweet potato
- 1 red bell pepper
- 1 carton plum tomatoes
- Fresh parsley
- Fresh tarragon

DAIRY:

- Feta cheese

SPICES/SEASONINGS:

- Salt

GROCERY/FROZEN/ MISCELLANEOUS:

- Ronzoni Healthy Harvest whole-wheat thin spaghetti
- Crisco Light olive oil
- White wine vinegar