

Sweet Potato Pasta Sauce

This creamy, slightly smoky pasta dish is a filling treat on cool evenings. A pasta shape with lots of nooks and crannies will best transport all that sweet potato goodness to your mouth. Add a simple mesclun salad tossed with a light vinaigrette and pour either a riesling or zinfandel. *Salute!*



Ingredient list for 2 servings:

1 sweet potato (12 - 16 oz)
½ tbsp olive oil
1 small onion - chopped
2 cloves garlic - chopped
1 tsp smoked paprika
½ tsp sea salt or more to taste
freshly ground black pepper
¼ cup grated cheese (Romano or Parmesan)
½ lb Italian pasta (Creste de Gallo or Rotini)



- Prick the well-scrubbed sweet potato a few times with a fork and microwave until soft, for 6-7 minutes. (Optionally, bake the sweet potato in the oven at 425°F for about 50-60 minutes). When it's cool enough to handle, peel it and scoop out the flesh.
- Cook pasta according to package directions in a salted pot of water.
- While the pasta is boiling, in a medium-size pan over medium high heat, heat the oil. Add the onion, stir and let cook until translucent, about 5 minutes. Add garlic and cook for one minute longer.
- Add the sweet potato, smoked paprika, salt, and black pepper, and combine well with an immersion blender for 2-3 minutes, or until smooth and creamy.
- When the pasta is al dente, drain [reserving 1 cup of cooking water]; add to the sauce and toss to combine, stirring until sauce sticks well to the pasta. Add reserved cooking water as needed and thin sauce to the consistency of yogurt.
- Serve your creamy pasta topped with grated cheese.

Note: You can put the sauce into a sealed jar and store it in the fridge if you want to serve it later. It will last for up to 5 days in the fridge, or you can freeze for even longer.