

# Autumn Pasta

## Ingredients:

- 8 oz whole-wheat angel hair pasta
- 2 Tbsp olive oil, divided
- 1 large bell pepper, thinly sliced
- 1 large sweet potato, peeled, grated
- 1 Tbsp garlic powder
- 1 medium tomato, diced
- 1/2 cup water
- 2 tsp dried parsley
- 1 tsp dried tarragon
- 1 Tbsp lemon juice
- 1/2 cup parmesan cheese

## Preparation:

1. Cook pasta according to package directions.
2. In a large skillet, heat 1 Tbsp oil & bell pepper over medium-high. Sauté until peppers are tender. Add sweet potato, garlic powder, tomatoes & water. Cook 5-7 minutes, stirring occasionally. Remove from heat.
3. Drain pasta, keeping 1/2 cup of pasta water & set aside. Return pasta to pot. Add vegetable mixture, remaining oil, parsley, tarragon, lemon juice & cheese. Mix well.
4. If needed, add pasta water gradually to reach ideal consistency.

## Nutrition Facts

4 servings per recipe	
<b>Serving size</b>	<b>(282g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>390</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 59g	<b>21%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	

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