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Sweet Potato & Red Pepper Pasta
Makes 4 servings, about 1-3/4 cups each.

Active Time: 30 minutes

Total Time: 30 minutes

Per Serving: 402 calories, 12 g fat, 7 mg cholesterol; 62 g carbohydrate, 12 g protein, 9 g fiber, 546 mg sodium, 738 mg potassium

Nutrition Bonus: Vitamin C (143% daily value), Vitamin A (116% daily value) Potassium (21% daily value) Iron (15% daily value)

The sweet potato is a great nutritional value. It's loaded with beta carotene, which helps keep your eyes healthy. In this colorful pasta recipe it is paired with another "power vegetable," red bell pepper, which is loaded with vitamin C, along with diced plum tomatoes and creamy goat cheese. The dish is bursting with parsley and tarragon, but any fresh herbs you have on hand, such as basil, oregano or chives, will do. Serve with a garden salad.

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

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 1/2 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.