

5 A Day Recipes

Main Courses

Pasta with Sweet Potato Sauce

Pasta with Sweet Potato Sauce Serves 4 Sweet potatoes, like other vegetables with a deep orange color, are a great source of beta carotene and fiber. Sweet potato sauce is fabulous poured over pasta, and it's a snap to make.

- 1 pound sweet potatoes, about 3 medium
- 1/8 teaspoon salt
- 1/2 pound cooked pasta
- 2 tablespoons chopped parsley
- 1 12 ounce can evaporated skim milk
- 1/4 teaspoon ground white pepper
- 4 tablespoons grated Parmesan cheese
- Pasta of choice

Pasta with Sweet Potato Sauce Serves 4 Sweet potatoes, like other vegetables with a deep orange color, are a great source of beta carotene and fiber. Sweet potato sauce is fabulous poured over pasta, and it's a snap to make.

Peel and slice sweet potatoes and steam for about 14 minutes until soft. Place cooked potatoes into blender with milk and whisk for about 7 minutes. The mixture will become a glossy, rich color. Season with salt and pepper and pour over cooked pasta. Sprinkle with grated Parmesan cheese and parsley.

This is an official 5 a Day recipe, and provides four people with two servings of vegetables each.