

SWEET POTATO SPAGHETTI



Sweet potatoes are nice & firm so they make great noodles!

Try spiralizing some and tossing with spaghetti sauce for a new tasty side dish. The sweetness of the potato pairs very well with the sweetness of the sauce. This is a fun way to get more fiber, vitamins A & C, and potassium to your family. As a bonus, these cook even faster than pasta!



This isn't all you can do with "spoodles"! Try them raw as a snack or in a salad, or make some quick baked curly fries! Toss with 1 Tbsp olive oil, a pinch of salt + pepper & 1/2 tsp garlic powder & roast at 425°F for 20-25 min, flipping halfway through!

Instead of spaghetti sauce, you could flavor with garlic and Parmesan, pesto, peanut sauce or sweet cinnamon!

Ingredients

- **4 medium or 2 large sweet potatoes (the more uniform in shape the better for spiralizing)**
- **2 Tbsp oil (canola or olive)**
- **6 Tbsp water**
- **1-2 cups spaghetti sauce**

Directions

1. **Wash and peel potatoes. Cut off ends to create flat surfaces for both ends of spiralizer. Some noodles will be very long so it's a good idea to cut a few times with a knife or kitchen scissors.**
2. **Add oil & sweet potatoes to skillet over medium-high heat. Cook for 2 minutes, uncovered, stirring frequently.**
3. **Add water and cover pan. Cook for another 3 minutes undisturbed. The steam will help soften the noodles.**
4. **Uncover and reduce heat to medium-low. Add sauce to taste and stir until warmed through (another 1-2 min.).**
5. **Top with Parmesan cheese & desired protein**