**Ingredients**

- 8 ounces whole-wheat angel hair pasta
- 2 tablespoons extra-virgin olive oil, divided
- 4 cloves garlic, minced
- 3 cups shredded, peeled sweet potato, (about 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
- ½ cup crumbled goat cheese

**Directions**

4. Bring a large pot of water to a boil. Cook pasta until just tender, 4 to 5 minutes or according to package directions.

5. 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.

6. 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.