Sweet Potato and Red Pepper Pasta

Recipe from eatingwell.com

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
- 1/2 cup water
- 3 tablespoons fresh basil
- 1 tablespoon lemon juice
- 3/4 teaspoon salt
- 1/2 cup crumbled goat cheese

Preparation

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.
3. Add sweet potato, bell pepper 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.
4. Drain the pasta. Return the pasta to the pot.
5. Add the vegetable mixture, the remaining 1 tablespoon oil, basil, lemon juice, salt and cheese; toss to combine.

Nutrition

**Per serving:** 402 calories; 12 g fat (3 g sat, 6 g mono); 7 mg cholesterol; 62 g carbohydrates; 12 g protein; 9 g fiber; 546 mg sodium; 738 mg potassium.