



Sweet Potato "Fettuccine" with Garlic Parmesan

Servings

4

Calories

200

Prep Time

5 minutes

Total Time

15 minutes

Skill Level

Easy

Ingredients

1 (10 ounces) package Mann's Sweet Potato "Fettuccine"

3 tablespoons extra virgin olive oil

3 large garlic cloves, minced

1 teaspoon basil, dried

salt and pepper to taste

2 tablespoons pine nuts, toasted



The Method

Heat extra virgin olive oil in an 8" skillet over low heat. Sauté garlic until lightly golden, about 3–5 minutes.

Increase heat to medium and add Sweet Potato "Fettuccine" and basil; sauté for 4 – 5 minutes, stirring often. Remove from heat. Season with salt and pepper to taste; sprinkle with toasted pine nuts.

Nutrition Facts

Serving Size: 102g | Servings: 4

Amount Per Serving

Calories 200 | Calories from Fat 120 | Total Fat 13g (sat fat 1.5g trans 0g) | Cholesterol 0mg | Sodium 45mg | Total Carbohydrate 19g | Dietary Fiber 3g | Sugars 4g | Protein 2g | Vitamin A 240% | Vitamin C 4% | Calcium 4% | Iron 4%