

Spiralized Sweet Potato Puttanesca

Yield: Approximately 4 Servings

- 1/4 Cup avocado or other high heat oil
- 1 Tablespoon minced garlic
- 2 Teaspoons dried oregano
- 1/2 Teaspoon crushed red pepper, or to taste
- 2 Tablespoons tomato paste
- 2 Cups vegetable stock
- 6 Cups spiralized sweet potatoes (about 3 or 4)
- 4 Cups halved grape or cherry tomatoes
- 1/4 Cup chopped fresh basil
- 1/4 Cup chopped fresh parsley
- 1/2 Cup pitted and halved Kalamata olives
- 3 Tablespoons capers
- Salt and freshly ground pepper



Heat a large high-sided sauté pan over medium heat. Add oil and once shimmering, add garlic, oregano and red pepper. Cook until fragrant and garlic just starts to brown, about 1 minute. Add tomato paste, mixing well to combine.

Add stock and bring to a boil. Stir in sweet potato noodles and tomatoes. Cover and cook 2-3 minutes; remove lid and continue cooking until sweet potatoes have softened, but still al dente.

Remove pan from heat, add basil, parsley, olives and capers. Taste and add salt and/or pepper as desired. Serve immediately.