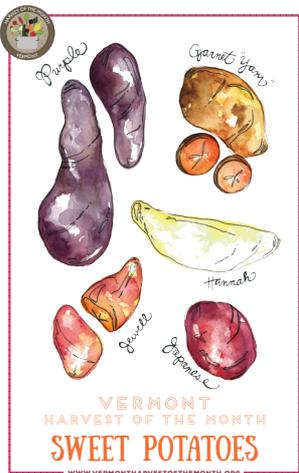




EatingWell

## SWEET POTATO CARBONARA WITH SPINACH & MUSHROOMS

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## Sweet Potato Carbonara with Spinach & Mushrooms

**ACTIVE:** 40 MINUTES **TOTAL:** 40 MINUTES

**TO MAKE AHEAD:** Refrigerate the raw “noodles” (Step 2) for up to 1 day.

**EQUIPMENT:** Spiral vegetable slicer

*Look for large, straight sweet potatoes to make the longest noodles.*

2 lbs. sweet potatoes, peeled	3 strips center-cut bacon, chopped
3 large eggs, beaten	1 8-oz. package sliced mushrooms
1 cup grated Parmesan cheese	2 cloves garlic, minced
¼ tsp. salt	1 5-oz. package baby spinach
¼ tsp. ground pepper	
1 Tbsp. extra-virgin olive oil	

1. Put a large pot of water on to boil.
2. Using a spiral vegetable slicer or julienne vegetable peeler, cut sweet potatoes lengthwise into long, thin strands. You should have about 12 cups of “noodles.”
3. Cook the sweet potatoes in the boiling water, gently stirring once or twice, until just starting to soften but not completely tender, 1½ to 3 minutes. Reserve ¼ cup of the cooking water, then drain. Return the noodles to the pot, off the heat. Combine eggs, Parmesan, salt, pepper and the reserved water in a bowl; pour over the noodles and gently toss with tongs until evenly coated.
4. Heat oil in a large skillet over medium heat. Add bacon and mushrooms and cook, stirring often, until the liquid has evaporated and the mushrooms are starting to brown, 6 to 8 minutes. Add garlic and cook, stirring, until fragrant, about 1 minute. Add spinach and cook, stirring, until wilted, 1 to 2 minutes. Add the vegetables to the noodles and toss to combine. Top with a generous grinding of pepper.

**SERVES 5:** 1⅓ cups each

Calories 312, Fat 12g (sat 4g), Cholesterol 130mg, Carbohydrates 38g, Total sugars 12g (added 0g), Protein 15g, Fiber 6g, Sodium 587mg, Potassium 818mg.

Nutrition bonus: Vitamin A (631% dv), Vitamin C (54% dv), Calcium (23% dv), Folate (22% dv).