

SWEET POTATO NOODLES

- 1 medium Bako Sweet Sweet Potato, **spiralized*
- 2 tbsp Olio D'Natalia (excellent quality olive oil)
- ½ tsp crushed red pepper flakes
- 2 cloves garlic, minced
- ½ tsp Kosher salt
- 1-2 small fresh basil leaves, for garnish
- 1 tbsp grated Parmesan, for garnish



1. Wash & peel the sweet potato.

**Using an inspiralizer, choose the manufacturer's blade that will create noodles closest to spaghetti or linguini. Now spiralize your sweet potato! This is fun.*

2. In a medium saucepan, heat 2 tablespoons Olio D'Natalia over medium heat. Once the oil is thoroughly heated, add the garlic and pepper flakes.

3. Saute for 2-3 minutes, moving the garlic & pepper around to avoid burning the garlic. Add the sweet potato. Using tongs, toss together frequently; add the salt while tossing.

4. Continue cooking until sweet potato noodles are softened to your liking, but at least 5 minutes. *For al dente texture, 5-6 minutes total, for softer texture, 5-7 minutes.*

5. Transfer to a plate and sprinkle with Parmesan & torn basil.

****Honestly, this was so good - even Cannon said, "You can definitely make this again!"*

Serving size: 1