

'UALA

INGREDIENTS

2 Tbsp butter, unsalted
2 garlic cloves, minced
1 shallot, diced finely
1 c. Okinawan sweet potatoes (2 small or 1 large)*
1 c. vegetable broth
1 c. heavy cream
1/2 c. Parmesan cheese, shredded (more needed garnish)
2 Tbsp parsley (for garnish)
1 box fettuccine noodles

Optional toppings for a more savory taste:

- Sautéed mushrooms
- Sautéed spinach

*Frozen sweet potatoes that are steamed and fork tender can be used instead of oven baked sweet potato

INSTRUCTIONS

- Preheat oven to 400°F. Line two rimmed baking sheets with parchment paper and set one aside.
- With a fork, pierce each sweet potato about 8 to 10 times. Place on the prepared baking sheet and bake for 45 to 50 minutes, until fork-tender. Remove from oven and cool to room temperature.
- Once cooled, remove and discard the skins of the 'uala and place the flesh in the blender. Blend in 1 c. vegetable broth until smooth (add more as needed). Set aside. This base mixture should be consistency similar to tomato paste.
- In a large pot, boil water and cook pasta as directed. Save 1 cup of pasta water on the side.
- Clean mushrooms with wet paper towel and remove stems. Slice mushroom heads thinly. In a saucepan, heat a tablespoon of oil on medium heat. Sauté the mushrooms until browned and most of the liquid has evaporated. Remove mushrooms and set aside for later (optional).
- In the same saucepan, melt butter on medium heat. Stir in garlic and shallots until light brown and move to the sides of the pan. Add 1 ½ cups of the 'uala and broth base to the center of the saucepan and heat 1 to 2 minutes. Once slightly darker in color, stir base into butter, garlic, and shallots until combined well. Slowly stir in heavy cream to the 'uala base. Add in the parmesan cheese.
- Add the pasta, using the reserved pasta water as needed.
- Add sautéed mushrooms and spinach to the pasta and other preferred toppings (optional).
- Season with salt and pepper. Garnish with extra parmesan cheese and parsley.
- Remaining 'uala and broth base can be stored in the freezer up to two months in an air tight or freezer-safe container for later use.

TOTAL TIME: 1 HOUR 15 MIN
PREP: 50 MIN | COOK: 25 MIN

'UALA ALFREDO



Nutrition Facts

servings per container
Serving size (85g)

Amount per serving
Calories **100**

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 22g	8%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D --mcg	--%
Calcium 30mg	2%
Iron 1mg	6%
Potassium --mg	--%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

ZERO ADDED SUGAR

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