




# RECIPES WITH 'UALA




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

## 'UALA ALFREDO

### 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
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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 and line a baking sheet with parchment. Pierce the 'uala 8–10 times with a fork. Bake 45–50 minutes until fork-tender. Once cooled, peel and discard the 'uala skins. Blend 'uala flesh with 1 cup vegetable broth (more if needed) until smooth, tomato-paste consistency. Set aside.
- Boil pasta per package instructions. Reserve 1 cup pasta water before draining.
- Wipe and stem mushrooms, slice thinly. Sauté in 1 tbsp oil over medium heat until browned and liquid evaporates; set aside.
- In the same pan, melt butter over medium. Brown the garlic and shallots, then move them to the edges of the pan. Add 1½ cups of the 'uala base to the center of the pan and heat 1–2 minutes. Once cooked down, combine the base into the butter mixture. Once combined, pour in heavy cream and stir in Parmesan.
- Add the pasta to the sauce. Use reserved pasta water to adjust consistency. Stir in mushrooms, spinach, or toppings if using.
- Season with salt and pepper. Garnish with extra Parmesan and parsley.
- Freeze leftover 'uala base in an airtight container for up to 2 months.



Learn more at [polhi.org/aipono](https://polhi.org/aipono)

## Nutrition Facts

servings per container  
Serving size (180g) ✦

Amount per serving  
**Calories 300**

	% Daily Value*
<b>Total Fat</b> 13g	17%
Saturated Fat 7g	35%
Trans Fat 0g	
<b>Cholesterol</b> 35mg	12%
<b>Sodium</b> 210mg	9%
<b>Total Carbohydrate</b> 36g	13%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein</b> 7g	
Vitamin D 0mcg	0%
Calcium 84mg	6%
Iron 1mg	6%
Potassium 43mg	0%

\*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.

✦ 1 CUP = 180 G  
ZERO ADDED SUGAR