

Creamy Spinach Sweet Potato Noodles With Cashew Sauce

Serves 2 ~Calories Per Serving: 203– Total Fat 10.7g, Cholesterol 0mg, Total Carbohydrate 23.7g, Dietary Fiber 3.5g, Sugars 4.8g, Protein 5.2g,

INGREDIENTS-

- 1/2 cup cashews
- 1/3 cup water (more for soaking)
- 1/4 teaspoon salt
- 1/2 clove garlic
- 1/2 tablespoon oil
- 2 large sweet potatoes, spiralized
- 1 cup baby spinach
- a handful of fresh basil leaves, chives, or other herbs (x0.5)
- salt and pepper to taste
- olive oil for drizzling



INSTRUCTIONS:

1. Cover the cashews with water in a bowl and soak for 2 hours or so. Drain and rinse thoroughly.
2. Place in a food processor or blender (I got better texture with the blender) and add the 3/4 cup water, salt, and garlic. Puree until very smooth.
3. Heat the oil in a large skillet over high heat. Add the sweet potatoes; toss in the pan for 6-7 minutes with tongs until tender-crisp.
4. Remove from heat and toss in the spinach – it should wilt pretty quickly.
5. Add half of the herbs and half of the sauce to the pan and toss to combine.
6. Add water if the mixture is too sticky. Season generously with salt and pepper, drizzle with olive oil, and top with the remaining fresh herbs.

Top with additional protein of choice!

3 oz for women
6 oz for men!

Recipe adopted: <https://pinchofyum.com/sweet-potato-noodles1>