

TORTELLINI OR RAVIOLI IN SWEET POTATO SAUCE

Submitted by: Mary Learman

Serves: 4

Sweet potato sauce:

1 tablespoon nonhydrogenated margarine

1 medium onion, chopped

2 cloves garlic, minced

a pinch of nutmeg

2 to 2 1/2 cups diced sweet potato (1 large)

1 cup low-fat milk or soymilk

1/2 teaspoon salt

1 pound spinach or tri-color cheese tortellini or small cheese ravioli (or substitute vegetable- or tofu- filled tortellini or ravioli)

Minced fresh parsley for garnish

Heat the margarine in a medium saucepan. Add the onion and garlic and sauté over medium-low heat until golden. Add the diced sweet potato and just enough water to cover. Bring to a simmer, then cover and simmer gently until the sweet potatoes are tender, about 15 minutes.

Transfer the mixture from the saucepan, including the liquid, to a food processor. Add the remaining sauce ingredients and process until smoothly pureed (or simply puree in the saucepan using an immersion blender). Transfer back to the saucepan and set aside, covered, off the heat.

Cook the tortellini in plenty of rapidly simmering water until al dente. Drain, then stir them into the sweet potato sauce. Heat gently and briefly, just until well heated through. Serve, garnishing each serving with some parsley.