

Pasta in Cream Sauce with Roasted Sweet Potatoes

Recipe By *Brynie Greisman*



Cooking and Prep:  1 h

Serves:  8

Contains: 

Preference: Dairy

Difficulty: Easy

Occasion: Shabbat, Shavuot, Chanukah

Diet: Vegetarian

Source: Family Table by Mishpacha Magazine

We always serve at least one pasta dish at our Chanukah parties. They're dairy, delicious, and everyone's favorite. I first tasted this at a sheva berachot and thought it was over the top. I broke my diet (for a change!) and even had doubles! The sour cream, milk, and heavy cream combine to coat the pasta with a really delectable sauce. It's different, too, because it doesn't have any hard cheese, as most pasta dishes do. It can even be made with whole wheat pasta. Thanks to my daughter-in-law, Shoshi, for this amazing recipe.

Ingredients (12)

Main ingredients

- 12–14 ounces (340–400 grams) pasta, such as [Tuscanini Pasta Conchiglie](#) or any other variety
- 2 tablespoons butter
- 2 tablespoons flour
- 3/4–1 cup of milk
- salt, to taste

- pepper, to taste
 - very generous pinch of nutmeg
 - very generous pinch of dry mustard (optional, but recommended)
 - 1 cup (200 grams) sour cream
 - 1 cup (200 grams) heavy cream
 - 2–4 medium sweet potatoes, peeled and cut into small cubes
 - Bartenura Olive Oil**, to coat sweet potatoes
-

Start Cooking

Prepare the Pasta

1. Cook pasta according to directions on the package. Drain, rinse, and set aside. Keep warm.

Tip: For a festive look, use tricolored pasta.

Prepare the Sauce

1. Heat butter in a medium-sized saucepan until melted.
2. Add flour and mix gently.
3. Add milk and whisk all together, taking care that it becomes smooth and thickened, without lumps.
4. Add seasoning and creams.
5. Mix all together for a minute or two. Remove from flame. Cover and set aside.

Tip: For added flavor, sauté one diced onion and one clove crushed garlic in the butter. Proceed as above.

Variation: For low-fat version, use low-fat sour cream (9%) and either 15% or 9% cooking cream. It works like a charm and taste is not compromised. That's how I do it.

Prepare the Sweet Potatoes

1. Meanwhile, preheat oven to 400 degrees Fahrenheit (200 degrees Celsius).
2. Mix together the sweet potatoes, some olive oil, and salt and pepper. Bake in the oven until tender.

To Serve

1. Pour sauce over pasta and mix all together.
2. Add sweet potato cubes and toss gently.
3. Serve hot.