

Avocado Pasta

"This pasta has a delicious creamy garlic sauce that is low-fat because it uses avocado instead of cream.

Adapted from *Oh She Glows* (<http://ohsheglows.com/2011/01/31/15-minute-creamy-avocado-pasta/#ixzz3TC6Rd77F>)

Makes 3 servings

Price Per Serving: \$1.00

Prep Time: 5 minutes | Cook Time: 10 minutes

9 ounces uncooked pasta
 1 to 2 small cloves garlic, to taste
 1/4 cup fresh basil leaves (optional)
 1-2 tablespoons lemon juice, to taste
 1 tablespoon extra-virgin olive oil
 1 ripe medium avocado, pitted
 1/4 to 1/2 teaspoon salt
 black pepper to taste

Bring a large pot of salted water to a boil. Cook the pasta according to the instructions on the package. While the pasta cooks, make the sauce: combine the garlic, lemon juice, oil, avocado, and basil (option). Use an immersion blender* to blend the ingredients together until creamy. If sauce is too thick, add water. Season with salt and pepper to taste. Add more garlic to taste. Blend to mix well. Drain the pasta when its fully cooked and stir with the avocado sauce until its well coated.

*Note: If you have an immersion blender, the sauce can be made really quickly, but a food processor, blender or even mixing by hand (if you pre-chop the garlic) would work too.

Nutrition Facts	
Serving Size 147 g	
Amount Per Serving	
Calories 254	Calories from Fat 105
% Daily Value*	
Total Fat 12g	19%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 199mg	8%
Total Carbohydrate 31g	10%
Dietary Fiber 5g	19%
Sugars 1g	
Protein 6g	
Vitamin A 3%	Vitamin C 15%
Calcium 2%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	