



Creamy Avocado Pasta

Instructions

Serves: 4

1. Bring water for pasta to a boil. When ready cook according to package (I recommend al dente—so on lower side of cook time and check 1 minute prior to end time to see how tastes).
2. Chop veggies: corn (if fresh), zucchini, yellow squash, and tomatoes. Set aside.
3. Make sauce: place avocado (scooped from shell and pit removed), garlic, salt, basil, spinach, and lemon juice in a food processor or blender. Blend until completely creamy. Add in olive oil and blend again. Set aside.
4. Heat skillet on medium high heat. Once hot, add zucchini and yellow squash and cook until nicely browned, stirring regularly. Add the corn and white beans and stir well, cooking for an additional minute or until mixture hot. Add tomatoes, cooked pasta, and avocado sauce and stir well.
5. Top with some extra chopped basil.

Ingredients

- 2 small or one large avocados (about 5 oz total)
- 2 cloves of garlic finely chopped, or garlic pressed.
- 1/2 teaspoon salt
- 1/2 cup fresh basil plus an extra 2 Tablespoons (for garnish on top)
- 1/2 cup fresh spinach
- 2 Tablespoons fresh lemon juice
- 1 Tablespoon olive oil
- 1 cup corn (fresh or frozen)
- 1 large zucchini
- 1 large yellow squash
- 1 cup fresh (or canned) tomatoes
- 1 can (15 oz) white beans (or any bean you prefer)
- 8 oz whole grain pasta (or bean type pasta)