

HEALTHY EATING @ home

Recipe brought to you by Paolo Vasapoli, Executive Chef, Food Services

Pasta with Avocado Sauce

Total Time 30 minutes

Servings 4 servings



Ingredients

- 3-4 ripe avocados
- 1/4 cup of good quality extra virgin olive oil
- 3 tbsp. chopped fresh parsley (optional)
- 2 cloves garlic minced
- Half of a fresh lemon
- Salt and pepper to taste
- 300-400 grams of pasta
- Drizzle of truffle oil (optional) * available locally at *Dressed By An Olive*
- Fresh parmesan cheese at the end

Instructions

1. Bring a pot of salted water to a boil.
2. Meanwhile cut the avocados in half. Pit and mash avocados into a bowl until smooth not chunky. It should resemble a sauce.
3. Add minced garlic cloves.
4. Add juice of 1/2 lemon.
5. Add ¼ cup extra-virgin olive oil.
6. Add salt and freshly ground black pepper to taste.
7. Add ½ cup chopped parsley, for garnish (optional).
8. Cook the pasta according to package instructions.
9. Drain the pasta, reserving about 1 cup of the pasta water.
10. Add avocado sauce to the drained pasta and mix all together. Add a little bit of the reserved pasta water to coat.
11. Add the parmesan cheese, drizzle with truffle oil, if using, and serve.

(Optional... add a protein such as Shrimp or Chicken!)

Buon Appetito!!