

Creamy Avocado Pasta

CALORIES CARBS FAT PROTEIN

484.43 78.08 16.17 2.86

INGREDIENTS

1 large Avocado , 2 servings Bell pepper , 0.25 cup Fresh cilantro , 1 clove Garlic , 0.5 teaspoon Kosher salt , 1 tablespoon Lime juice , 6 ounces Whole wheat pasta

FACTS

Lorem Ipsum is simply dummy text of the printing and typesetting industry. Lorem Ipsum has been the industry's standard dummy text ever since the 1500s, when an unknown printer took a galley of type and scrambled it to make a type specimen book. It has survived not only five centuries, but also the leap into electronic typesetting, remaining essentially unchanged. It was popularised in the 1960s with the release of Letraset sheets containing Lorem Ipsum passages, and more recently with desktop publishing software like Aldus PageMaker including versions of Lorem Ipsum.

FACTS

1. Bring water to a boil in a medium sized pot. Salt the water and add in your pasta, reduce heat to medium, and cook until Al Dente, about 8-10 minutes.2. While the pasta is cooking, make the sauce by placing the avocado, garlic, lime juice, cilantro, salt and pepper into a food processor or blender. Process until smooth and creamy.3. When pasta is done cooking, drain and place pasta into a large bowl. Add the sauce to the pasta and toss until pasta is well coated. Season with additional salt and pepper, if desired. Serve immediately.Note: This pasta dish is best eaten the day it is made.