

Creamy Avocado and Veggie Pasta



Ingredients

- 1 medium to large avocado
- 3 Tbsp. olive oil
- 8 oz. fettuccini
- ½ lemon, squeezed
- 2 Tbsp. pine nuts
- 2 cloves of garlic, minced
- ¼ cup shredded parmesan cheese
- 1 ½ to 2 cups cherry tomatoes, halved
- ½ orange bell pepper, sliced
- ½ red bell pepper, sliced
- 20 stalks asparagus

Directions:

1. On a baking sheet lay out the tomatoes and lightly drizzle with ½ Tbsp. of olive oil. Broil on high for about 10 minutes or until tender.
2. Boil fettuccini in a large pot until al dente.
3. In a separate saucepan, combine bell peppers, asparagus and ½ Tbsp. olive oil. Sauteé until desired tenderness.
4. In a food processor, combine garlic, remaining olive oil, lemon juice and avocado. Blend until smooth.
5. Combine sauce, pasta and vegetables in a large bowl. Top with pine nuts and parmesan cheese.
6. Salt and pepper to taste.
7. Serve immediately and enjoy!

*Yield 8 servings, serving size: 1 serving. Calories: 264.
Fat: 15 g. Cholesterol: 3.8 mg. Sodium: 60 g. Carbohydrates: 27 g.
Fiber: 3.7 g. Sugar: 2.4 g. Protein: 7.3 g.*

**These facts may vary based on size, amount, and brand use. This information is only a guide.*