

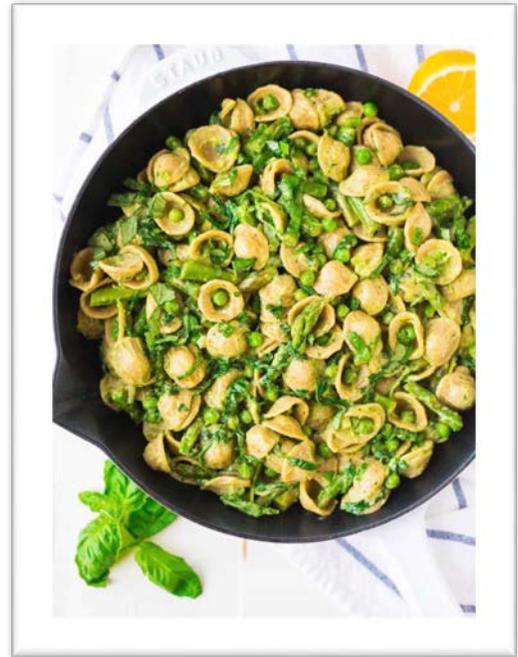
Avocado Pasta with Asparagus & Peas

Courtesy of Wellplated.com

Avocado Pasta. The creamy sauce is made with avocado, Greek yogurt, lemon, and garlic. Add any of your favorite veggies or chicken for an easy, healthy meal! *Serves: Approximately 3-4 servings*

INGREDIENTS

- 8 ounces whole wheat pasta (I used orecchiette)
- 1 lb. asparagus, tough ends trimmed and cut into 1-inch pieces
- 1 medium ripe avocado, halved and peeled with the pit removed
- 1 clove garlic, peeled
- 1/4 cup nonfat plain Greek yogurt
- 1/4 cup fresh parsley leaves, plus additional for garnish
- 1/4 cup fresh basil leaves, plus additional for garnish
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon kosher salt (plus additional for cooking the pasta)
- 1/4 teaspoon black pepper
- 1 tablespoon extra-virgin olive oil
- 4 small green onions, thinly sliced (about 1/2 cup)
- 2 cups fresh arugula
- 1 cup frozen peas
- Freshly grated Parmesan, optional for serving



DIRECTIONS

1. Bring a large pot of salted water to a boil. Add the pasta. About 3 minutes before the pasta is due to finish cooking to al dente (according to package instructions), add the asparagus and cook an additional 3 minutes, or until the pasta is al dente. Reserve 1 cup pasta water, drain the pasta, and set aside.
2. While the pasta cooks, prepare the sauce. Add the avocado, garlic, Greek yogurt, parsley, basil, lemon juice, salt, and pepper to a food processor or blender. Process on high for 20 to 30 seconds, until smooth, stopping to scrape down the bowl as needed.
3. In a large saucepan or Dutch oven, heat the olive oil over medium low. Add the green onion and cook 2 to 3 minutes, until soft. Add the arugula and peas and cook another 2 minutes, until the arugula is wilted. Remove the pan from the heat and stir in the drained pasta and asparagus. Add the avocado sauce and toss gently to combine, adding a bit of the reserved pasta water as needed if the pasta is too thick or clumping together. Taste and add additional salt and/or pepper as desired. Serve immediately.

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