



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Farfalle with Avocado Sauce

Ingredients:

- 1 pound whole wheat farfalle or other pasta
- 4 garlic cloves, chopped
- 3 tablespoons extra virgin olive oil
- Juice of 1 lemon
- 2 ripe avocados, peeled and pitted
- 1 small ripe tomato or 4-5 cherry tomatoes, chopped
- ½ cup chopped fresh basil (optional)
- Salt and freshly ground pepper to taste
- Parmigiano Reggiano cheese for garnish (optional)

Directions:

1. Cook the pasta according to the package directions.
2. While the pasta is cooking, combine the garlic, olive oil, and lemon juice in a food processor and blend until smooth. Add the avocados, tomato, and basil and process until smooth. Season with salt and pepper.
3. Drain the pasta and serve topped with the sauce. Garnish with a bit of Parmesan cheese or a few more chopped cherry tomatoes.

Serves 6

*410 calories, 13 g fat, 2 g saturated fat,
63 g carbohydrate, 12 g fiber, 10 g protein,
7 mg sodium*

Source: Oldways

