



## **Lemon Basil Avocado Pasta**



*This zingy, springy dish is quick and easy to make, great for warm spring and summer evenings, but still creamy and satisfying! Rich avocado provides inflammation-busting and liver-supportive healthy fats, folic acid and other B vitamins, fibre, protein, and antioxidants. Fresh lemon provides digestion-boosting enzymes and allergy-taming quercetin and vitamin C. Fresh basil is a fantastic source of calcium, iron, and anti-inflammatory compounds.*

*Serve it on its own, alongside a fresh spring greens salad, or add steamed or sautéed kale and some cannellini beans to round out the meal. Bump up the protein by using bean-based pasta; or for a perfect addition to any spring cleanse, go full raw and use homemade fresh “zoodles” (raw zucchini noodles). Great for picnics, too!*

### **Ingredients:**

- 1 to 1½ cups dry penne and/or rotini pasta (or enough to make about 2-3 cups cooked)
- ½ ripe avocado
- Juice of 1 organic lemon
- 1 sprig fresh basil leaves + 2-4 extra leaves for garnish
- ¼ tsp. sea salt
- Pinch fresh-ground black & white pepper
- 1 Tbsp. tepid water (optional, for consistency)

### **Directions:**

Cook the pasta according to package directions.

Prepare the sauce while pasta is cooking: Place the remaining ingredients (except water) in a food processor or blender. Blend until smooth, or you can leave little chunks of avocado in it! ☺

Add the water if desired, if the sauce is too thick. More water may be added for a thinner sauce, but the sauce should still be thick enough to stick to the pasta.

Drain the pasta once it is done cooking.

Divide the sauce into 2 soup bowls. Add half the pasta to each bowl and stir to coat with sauce. (Alternatively add everything to one bowl and serve family-style.)

Serve, garnishing with extra basil leaves (whole or chopped) as desired. Makes 2 meal-sized servings.