

## Avocado Pasta

Yield : Serves 6

### Ingredients:

24 - ounces dry pasta  
3 - medium tomatoes, diced  
3 - green onions, finely sliced  
3 - large ripe avocados  
 $\frac{3}{4}$  - teaspoon finely minced garlic  
Juice from half of a lemon  
Salt and ground pepper, to taste

### Directions:

#### Cook Pasta

- Bring a pot of salted water to the boil and cook pasta al dente approximately 10 minutes
- Once cooked, reserve 1  $\frac{1}{2}$  cup of the hot pasta water, then drain pasta.

#### Prepare Avocado Pasta

- Mash avocado in a large bowl. Stir in the garlic and lemon juice then season with salt and pepper, to taste
- Stir in  $\frac{1}{2}$  cup of the reserved water. Add pasta, tomatoes, and green onions then toss until the pasta is completely coated by the sauce.



