



Avocado-Lime Pasta

Prep Time: 5 min. Cook Time: 20 min. Makes: 1 serving.

This is a great recipe for summer, zesting up pasta with fresh mint, lime and avocado. It's really simple and easy, but so tasty. It's a super satisfying combo of comforting carby pasta, fatty delicious avocado, savory salty nutritional yeast, and fresh tangy lime.

INGREDIENTS

- 1 cup (4 ounces) whole grain pasta (whole wheat, quinoa, corn, etc), dry
- 1/2 lime, zested and juiced
- 1 Tbsp fresh mint, chopped
- 1 Tbsp fresh chives or green onion, chopped (optional)
- 1 clove garlic, pressed
- 1-2 tsp nutritional yeast (optional)
- pinch salt and pepper
- 1/2-1 cup spinach, collard greens, sprouts, or any leafy green, chopped
- 1/2 avocado

DIRECTIONS

1. Start a pot of lightly salted water boiling, and add the pasta once it gets to a full boil.
2. If using spinach or collards, chop them up and put them on a plate or shallow bowl. Chop the mint and zest the lime.
3. Once the pasta is cooked, drain it, then return it to the pot and add the seasonings and lime juice. Mash 1/4 of the avocado and toss with the pasta.
4. Serve the pasta topped with sliced avocado, a sprinkle of sea salt, freshly ground pepper, and nutritional yeast. If using sprouts, place them on top rather than underneath.

NUTRITION FACTS

Per serving
Calories 534

% Daily Value*

13 g	Total Fat	20%
2 g	Saturated Fat	10%
0 mg	Cholesterol	0%
60 mg	Sodium	2%
94 g	Carbohydrates	31%
18 g	Dietary Fiber	70%
1 g	Sugar	
22 g	Protein	34%
2595 IU	Vitamin A	56%
27 mg	Vitamin C	45%
93 mg	Calcium	9%
6 mg	Iron	41%

Hints & Tricks

If you prefer, you can make this same dish with cooked whole grains (like quinoa or barley) or even some cooked spaghetti squash.