

Zucchini Noodles with Avocado Sauce “Pasta”

Hosted by: UCSD FitLife Dietician



Ingredients:

- 4 small zucchini, ends trimmed
- 2 ripe avocados, halved, seeded and peeled
- 1/2 cup fresh basil leaves
- 2 cloves garlic
- 2 tablespoons freshly squeezed lemon juice
- Kosher salt and freshly ground black pepper, to taste
- 1/3 cup olive oil
- 1 cup cherry tomatoes, halved

Directions:

1. Use a julienne peeler or a knife to slice the zucchini into 1/8 inch thick noodles. Set aside.
2. To make the avocado sauce, combine avocados, basil, garlic and lemon juice in the bowl of a food processor; season with salt and pepper, to taste. With the motor running, add olive oil in a slow stream until emulsified; set aside.
3. In a large bowl, combine zucchini noodles, avocado sauce, and cherry tomatoes until zucchini noodles are well coated.
4. Serve immediately

*Note-if you want to cook the zucchini noodles, you can. Just add the zucchini noodles to a skillet and sauté them up over medium heat. It only takes a few minutes.