

FIT RX Recipe Card

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AVOCADO PASTA SAUCE

INGREDIENTS

2 RIPE AVOCADOS
1 C BABY SPINACH
2 GARLIC CLOVES
1 CAN GREEN CHILIES
SALT AND PEPPER
1 TSP OLIVE OIL
1 TBSP LEMON JUICE
RED PEPPER FLAKES
8 OZ PENNE PASTA
2 CUPS WATER

PROCEDURE

1. Cook pasta per package instructions
2. Drain excess water, set aside
3. Put avocado, lemon juice, oil, garlic, spinach, green chilies, salt pepper and water into food processor or blender and puree until smooth. NOTE: start with $\frac{1}{4}$ cup of water and add more as desired.
4. Mix sauce into pasta and serve with in 2 to 3 hours.
5. Top with red pepper flakes and grated parmesan.