

## PASTA – AVOCADO & BASIL

Serves 2; ~500 calories per person

4 ounces bow-tie or wagon-wheel pasta  
1 medium avocado, halved, seeded and coarsely chopped  
3 to 4 slices bacon, crisp-cooked, drained and crumbled  
1/3 cup chopped fresh basil  
1 cup grape or cherry tomatoes, halved  
1 Tablespoon lemon juice  
1/2 Tablespoon olive oil  
1 to 2 cloves garlic, minced  
1/2 bunch scallions, chopped  
1/8 teaspoon pepper  
1/8 teaspoon salt  
Optional red pepper flakes  
Grated Parmesan or other cheese

Serve with:

1/4 cup shredded Parmesan or Pecorino Romano cheese  
Optional red chili pepper flakes

Cook pasta according to package directions and drain.

Put pasta into a large bowl. Add the avocados, bacon, basil, tomatoes, lemon juice, olive oil, garlic, scallions, pepper and salt, and combine.

Serve with cheese and optional red chili pepper flakes. This recipe would be Vegan if you omit the bacon and use a vegan cheese at the end.

Adapted from: clip-out recipe, Better Homes and Gardens Prize Tested Recipes, March 2004 winner in “30 Minute Pasta Meals” category, Isle Higgins, Washington, DC