

PESTO - AVOCADO (Vegan)

Serves 2

Put a healthful California twist on a traditional Italian favorite and you've got Avocado Pesto Pasta. Adding avocados to pesto creates a rich and creamy texture without using cheese. Note: Dish as described here is Vegan if Parmesan is not added.

Ingredients

4 to 6 ounces pasta (linguine or spaghetti)
1 cup fresh basil
1/4 cup macadamia nuts or pine nuts
1 avocado, pitted
1 Tablespoon lemon juice
2 cloves garlic
1/4 cup olive oil
sea salt
freshly ground black peppers

Procedure

Bring a large pot of water to a boil. Add pasta and cook according to package directions.

Meanwhile, put macadamia nuts in food processor and pulse to chop them. Add basil, avocado, lemon juice, garlic and oil. Process until smooth. Season with salt and pepper.

Serve pasta with pesto and shredded Parmesan cheese.

Extra pesto may be put in ziploc, squeeze out the air, and freeze.

Calories: Pesto is 510 calories per person, plus 210 calories for 2 oz pasta = 720 calories

This is one-half of the recipe on chefchloe.com, which may be taken from a NY Times weekday newspaper section, found by Corinne Tyler, 1/15/2013