DietCloud – Recipe

Recipe Name: Avocado Parsley Pasta Salad Recipe

Diet Type:

Course: Side Dish

Cuisine: Italian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 375 grams Conchiglie Pasta • 2 Avocados - ripe • 1/2 cup Parsley leaves • 2 cloves Garlic • 2 tablespoons Lemon juice - freshly squeezed • Salt - to taste • Whole Black Peppercorns - freshly ground • 1/3 cup Extra Virgin Olive Oil • 1 cup Tomatoes - chopped • 1/2 cup Del Monte Whole Corn Kernels - drained and rinsed	3

Preparation

• To prepare Avocado Parsley Pasta Salad Recipe, halve the avocados, de seed and peel them to obtain a pulp.

• Boil pasta in enough water and a pinch of salt for 8-10 minutes, drain and keep aside.

• I used canned corn kernels but you can always take the packaged ones and boil them till they are soft and tender.

• Add pasta, tomatoes and Corn kernels together in a bowl.

• In a blender add avocado pulp, along with a few cloves of garlic and parsley.

• Pulse in a blender to form a smooth paste.

• Once it is pulsed, sprinkle some salt and pepper.

• Mix this paste with the pasta mixture evenly.

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Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)