

AVOCADO ALFREDO WITH ZUCCHINI NOODLES

Preparation: 10 min. | Cooking: 10 min. | Servings: 4

INGREDIENTS

2 avocados
4 cups zucchini noodles
¼ cup grated parmesan
2 tablespoons chopped fresh parsley
2 tablespoons minced garlic
1 tablespoon avocado oil
½ tablespoon lemon juice
¼ teaspoon salt
¼ teaspoon black pepper



INSTRUCTIONS

In a blender or food processor, puree the avocado flesh with 2 tablespoons of the parmesan, lemon juice, salt and pepper. Heat the oil in a large skillet or wok over medium heat. Add the garlic and sauté until fragrant, about 30 seconds. Add the zucchini noodles and sauté, stirring frequently, until crisp-tender, about 3 minutes. Remove the skillet from the heat and then add the avocado puree. Mix with tongs to coat the zucchini noodles, and warm the avocado sauce. Serve immediately. Top each serving with the remaining cheese and parsley.