



Farfalle with Avocado Sauce

Use farfalle or any kind of whole grain pasta with this delicious, creamy sauce.

Pasta is a carbohydrate with a surprisingly low glycemic index. Pairing it with a healthy fat such as that found in avocado, helps blunt the glycemic response even further, making this dish a delicious option for those who are diabetic.

Yield: 6 servings

INGREDIENTS

- 1 pound whole wheat farfalle or other whole grain pasta
- 4 garlic cloves, chopped
- 3 tablespoons extra virgin olive oil
- Juice of 1 lemon
- 2 ripe avocados, peeled and pitted
- 1 small ripe tomato or 4-5 cherry tomatoes, chopped
- ½ cup chopped fresh basil (optional)
- Salt and freshly ground pepper to taste
- Parmesan cheese for garnish (optional)



DIRECTIONS

1. Cook the pasta according to the package directions.
2. While the pasta is cooking, combine the garlic, olive oil, and lemon juice in a food processor and blend until smooth. Add the avocados, tomato, and basil and process until smooth. Season with salt and pepper.
3. Drain the pasta and serve topped with the sauce.
4. Garnish with a bit of Parmesan cheese or a few more chopped cherry tomatoes.

NUTRITION INFORMATION

Calories: 410, Fat: 13g (Sat Fat: 2g), Sodium: 7 mg, Carbohydrates: 63g, Fiber: 12g, Protein: 10g

Oldways recipe and photo.

This recipe is from the book, *The Oldways 4-Week Mediterranean Diet Menu Plan*.