Avocado Pasta with Basil and Bacon

This avocado basil pasta recipe can be thrown together with very few ingredients. The simplicity does not compromise the taste!

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Yield: 6 servings

Prep Time:	Cook Time:	Total Time:
10 mins	10 mins	20 mins

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INGREDIENTS

- [ ] 12 ounces Farfalle pasta (aka bowtie pasta)
- [ ] 2 avocados (diced)
- [ ] 6 slices bacon (cooked crisp and crumbled; Try baking it using this oven method.)
- [ ] 2/3 cup fresh basil (chopped)
- [ ] 2 tablespoons lemon juice
- [ ] 2 tablespoons extra virgin olive oil
- [ ] 3 cloves garlic (grated or minced finely)
- [ ] 1/4 teaspoon ground black pepper (plus more to taste)
- [ ] 1/4 teaspoon salt (plus more to taste)
- [ ] 1/2 cup shredded Pecorino Romano cheese (sub: shredded Parmesan)

INSTRUCTIONS

1. Cook pasta according to directions, making sure to salt the water once it comes to a boil. Drain.

2. Meanwhile, in a large bowl, combine avocado, cooked and crumbled bacon, basil, lemon juice, oliv

oil, garlic, pepper, salt, and cheese.

3. Add the cooked and drained pasta to the other ingredients and toss to combine.

4. Taste and season with more salt and pepper, as needed. Serve warm or cold.

NOTES/TIPS

Gluten-Free Version: Use gluten-free pasta. My favorite is chickpea [angel hair pasta or linguine from Banza brand](#).

I used Farfalle (bow tie) pasta but it would also work great with penne, rigatoni, or rotini. Whole wheat pasta would work as well.

Pasta Pro Tips

- Salt the water to adds flavor and help it come to a boil faster.
- Use a big pot and plenty of water to help prevent your pasta from sticking together.
- Stir right away and every couple of minutes to keep it from clumping together.
- Don't rinse your pasta after it's been drained or you'll risk losing the flavorful starches that help sauces cling to it.

NUTRITION

Calories: 416 kcal (21%) | **Carbohydrates:** 50 g (17%) | **Protein:** 17 g (34%) | **Fat:** 20 g (31%) | **Cholesterol:** 22 mg (7%) | **Sodium:** 489 mg (21%) | **Fiber:** 5 g (21%) | **Sugar:** 1 g (1%)

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