

Recipe for the month of November

This **Avocado Pasta with Crispy Roasted Veggies** is a delicious, health-focused recipe. It features **seasonal vegetables**—like zucchini, bell peppers, and cherry tomatoes—which are not only fresh and flavorful this time of year but can also be easily grown in a household garden. By incorporating ingredients that can be locally sourced or homegrown, this recipe aims to reduce the risk of chemical exposure while promoting a more sustainable lifestyle. The creamy avocado sauce paired with the roasted veggies creates a comforting yet nutrient-rich dish, perfect for anyone seeking a balanced meal with simple, natural ingredients.





Avocado Pasta with Crispy Roasted Veggies

Ingredients

- **12 ounces (3 cups) dry penne pasta**
- **2 ripe avocados**, halved and pitted
- **½ cup fresh basil leaves**
- **2 cloves garlic**
- **2 tablespoons fresh lemon juice**
- **Salt and black pepper**, to taste
- **½ cup olive oil** (⅓ cup for avocado sauce, 3 tablespoons for roasting)
- **1 cup cherry tomatoes**, halved
- **1 cup zucchini**, diced
- **1 cup red bell peppers**, diced
- **¼ cup sun-dried tomatoes**, diced
- **¼ cup pine nuts**
- **Pink Himalayan salt or sea salt**, for garnish

Instructions

- 1. Cook the Pasta:**
 - Bring a large pot of salted water to a boil. Add the dry penne pasta and cook according to package instructions until al dente.
 - Drain well and set aside.
- 2. Roast the Veggies:**
 - Preheat the oven to **425°F (220°C)**.



- Arrange the diced zucchini, red bell peppers, and halved cherry tomatoes on a baking sheet.
- Drizzle with **2 tablespoons of olive oil**, then season with salt and black pepper. Toss to coat evenly.
- Spread the veggies in a single layer, ensuring they're not crowded.
- Roast for **15-18 minutes**, or until the edges are crispy while the insides remain juicy. Remove from the oven and set aside.

3. Prepare the Avocado Sauce:

- In a food processor, combine the avocado halves, fresh basil leaves, garlic cloves, and lemon juice.
- Season with salt and black pepper to taste.
- With the motor running, slowly drizzle in the remaining olive oil until the mixture becomes creamy and emulsified.

4. Toast the Pine Nuts:

- In a dry skillet over medium heat, toast the pine nuts until they are golden brown and fragrant, stirring frequently to prevent burning.

5. Combine Everything:

- In a large mixing bowl, combine the cooked penne pasta, avocado sauce, roasted vegetables, and diced sun-dried tomatoes.
- Toss well to ensure everything is coated evenly.

6. Serve and Garnish:

- Transfer the pasta to serving plates and sprinkle with toasted pine nuts.
- Finish with a pinch of pink Himalayan salt or sea salt on top. Enjoy!

Savor this flavorful and nutritious dish, knowing that each bite supports your well-being while contributing to a more sustainable, chemical-conscious lifestyle!