



Fresh Mexican Pasta Salad

Zoodles join avocado sauce topped with Pico de Gallo

Zoodles

2 medium zucchini, spiralized into noodle shape

Pico de Gallo

1 medium tomato, seeded, chopped or 1 small box cherry tomatoes, halved

1 shallot, peeled, chopped

1/2 cup fresh cilantro, chopped

1 Tablespoon fresh lemon juice

1/4 teaspoon salt or to taste

1/3 cup black beans, drained, rinsed

Avocado Sauce:

1 medium avocado, peeled, pitted

1 shallot, peeled, chopped

1 small jalapeno pepper, seeded

1 small bunch cilantro, 1/2 cup

2 cloves garlic, peeled

2 Tablespoons fresh lemon juice

1/4 teaspoon salt or to taste

Garnish: fresh cilantro sprigs as desired

Spiralize the zucchini, place in microwave safe bowl, add 2 Tablespoons water; microwave on high power for about 3 minutes or al dente texture; drain liquid, pat zucchini with paper towels to remove excess moisture. Set aside. Cut zoodles to a shorter size for easier eating.

Prepare Pico de Gallo: In a medium sized bowl, mix all the ingredients under Pico de Gallo to combine; place in refrigerator until serving.

Prepare Avocado Sauce: In a food processor or blender, blend all the ingredients for the avocado sauce until smooth. If it's too thick, add tablespoons of water until desired consistency to mix with zoodles.

To Serve: In a large bowl, combine the zoodles and avocado sauce. Place on serving plate; Top with chilled Pico de Gallo. Garnish platter with cilantro sprigs. Serves: 4 as side dish or 2 as salad entrée

Recipe Inspired by: Vasudha Viswanath, *The Vegetarian Reset*, The Collective Book Studio, 2023. Recipe: *Avocado Pasta*, p. 66.

About the Recipe: This refreshing pasta salad would be a great entrée or side dish for those warm weather days. If the grill is available, It's delightful with grilled sausages and caramelized vegetables or potatoes. The Mexican flavored avocado sauce turns the zoodles into a fun pasta that is topped with juicy Pico de Gallo.