

Creamy Avocado Pasta Salad

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

SALAD

- 1 box chickapea pasta
- 1 yellow or orange sweet pepper finely sliced
- 1 cup broccoli florets, lightly blanched*
- 1 cup corn kernels**
- Half a red onion, finely chopped
- Garnish: Sprouts, microgreens or fresh basil

DRESSING

- 1 avocado
- 1 garlic clove
- 1/2 cup fresh basil
- 1/4 cup sunflower seeds
- 1/4 cup lime juice
- 1/2 cup extra-virgin olive oil
- Sea salt and pepper to taste

Instructions:

1. In a large salad bowl, combine all the salad ingredients (excluding the pasta). Save garnish for topping once you've adding the dressing.
2. Using a food processor, add all of the dressing ingredients and blend until creamy. If the avocado you're using isn't soft, you may need to add a touch more liquid to make it creamier. In that case, you can add more olive oil or some water.
3. While you're making the dressing, boil a large pot of water and add the Chickapea pasta. Bowl until al dente. Remove from hot water immediately and either put in a bowl of cold water or run under cold water.
4. Combine the salad ingredients, with the pasta and mix together with the dressing. Refrigerate for 2 hours before serving or enjoy immediately if you can't wait that long ;)

Notes:

*Bring a pot of water to boiling, toss in broccoli and cook for 3 minutes or steam. You still want it to be crunchy. **Fresh corn is best if you can get your hands on some! 2-4 servings depending on how hungry you are.