



Penne Pasta with Arugula and Avocado

6 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 8 ounces whole wheat penne pasta
- 2 Tablespoons extra virgin olive oil
- 2 cloves garlic, minced
- Juice and zest of 1 lemon
- 2 cups arugula
- 1 large avocado
- ¼ cup walnuts, chopped
- ½ teaspoon salt
- Freshly ground black pepper, to taste

DIRECTIONS

1. Cook pasta according to package directions. Drain, reserving some cooking liquid, and set aside in a large bowl.
2. While pasta cooks, heat a small skillet over medium heat. Add oil and garlic and let cook for about 1-2 minutes. Stir in lemon juice and zest and cook for another few seconds. Add to the pasta and stir gently to combine. Add some of the cooking liquid if the pasta seems too dry.
3. Remove the seed from the avocado and cut the flesh into chunks. Add the arugula, walnuts, and avocado to the pasta. Season with salt and pepper.

Nutrition Facts	
6 servings per container	
Serving size	1 cup
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 28g	10%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 47mg	4%
Iron 3mg	15%
Potassium 150mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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