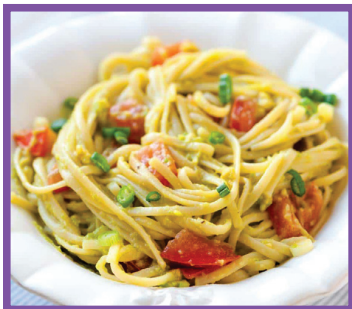


QUICK AND EASY AVOCADO PASTA



INGREDIENTS:

- 8 ounces dry pasta
- 2 medium tomatoes, diced
- 1 green onion, finely sliced
- 1 large ripe avocado
- 1 cup corn, drained and rinsed from can
- Juice from ½ a lemon
- Salt and pepper, to taste

INSTRUCTIONS:

1. Bring a pot of salted water to the boil and cook pasta according to package directions. Once cooked, reserve 1/2 cup of hot pasta water then drain pasta.
2. Mash the avocado in a large bowl. Stir in lemon juice then season with salt and pepper to taste.
3. Stir in a 1/4 cup of the reserved pasta water.
4. Add pasta, tomatoes, corn, and green onion then toss until the sauce coats the pasta. If the sauce is too thick, add a little more pasta water.
5. Eat and enjoy!

Yield: 4 (1 cup) servings

Source: Adapted from *inspiredtaste.net*

The ingredients for this recipe can be purchased with CalFresh benefits. To learn more about or how to apply for CalFresh benefits, call Humboldt County DHHS Social Services at 1-877-410-8809 or visit benefitscal.com.

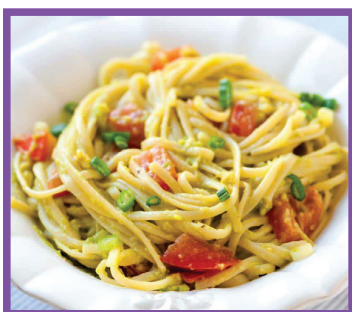
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