



## Avocado Z'paghetti Girlfredo

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1/2 of recipe (about 2 cups): 244 calories, 11g total fat (4g sat. fat), 672mg sodium, 27g carbs, 10g fiber, 15g sugars, 16.5g protein

**Prep:** 20 minutes   **Cook:** 15 minutes



### Ingredients

28 oz. (about 4 medium) zucchini  
 3 cups roughly chopped cauliflower  
 2 oz. (about 1/4 cup) mashed avocado  
 1/4 cup grated Parmesan cheese  
 2 tsp. chopped garlic  
 1/4 tsp. each salt and black pepper  
 1/2 cup seeded and chopped tomato  
 Optional seasoning: additional salt  
 Optional topping: chopped fresh basil or cilantro

### Directions

Using a spiral vegetable slicer [like the Veggetti](#), cut zucchini into spaghetti-like noodles. (If you don't have a spiral veggie slicer, peel zucchini into thin strips, rotating the zucchini after each strip.) Roughly chop for shorter noodles.

Place cauliflower in a large microwave-safe bowl. Add 1/4 cup water. Cover and microwave for 5 minutes, or until soft.

In a blender or food processor, combine cooked cauliflower, avocado, Parm, garlic, salt, and pepper. Add 1/4 cup warm water. Blend on high speed until smooth and uniform.

Bring an extra-large skillet sprayed with nonstick spray to medium-high heat. Cook and stir zucchini noodles until hot and slightly softened, about 3 minutes.

Transfer noodles to a strainer, and thoroughly drain excess liquid.

Remove skillet from heat, re-spray, and bring to medium-low heat.

Add noodles, sauce, and tomato. Cook and stir until hot and well mixed, about 2 minutes.

### MAKES 2 SERVINGS

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