



Makes 10 cups
Preparation Time: 30 minutes

INGREDIENTS:

12 oz. dried chickpea rotini pasta

8 oz. fresh thin asparagus, cut into 1-inch lengths

2 cups grape tomatoes, halved

1 cup baby kale

1 medium avocado, halved, seeded, and peeled

1 teaspoons lemon zest

2 tablespoons fresh lemon juice

3 cloves garlic, chopped

¼ teaspoon Aleppo pepper or crushed red pepper

Sea salt, to taste

Chopped fresh dill

Lemon wedges

Creamy Avocado-Kale Pasta

This vibrant, healthy gluten-free pasta dish comes together in just **30 minutes** and is delicious hot or cold, making it a handy recipe to keep in your weekday-meal repertoire. Nutrient-dense chickpea rotini adds extra heft. Aleppo pepper is made from crushed dried Halaby chiles and has a pleasantly complex flavor (smoky, sweet, and tangy) that rounds out the flavors of the dish, but crushed red pepper will work well, too. Add a little more if you like heat.

By Shelli McConnell

- 1** Cook pasta according to package directions; drain, reserving 1 cup pasta cooking water. Return pasta to pot.
- 2** Meanwhile, in a large skillet cook asparagus and tomatoes over medium-high, stirring frequently and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking.
- 3** In a blender combine the next five ingredients (through garlic). Cover and blend until smooth, adding about ½ cup pasta cooking water to make a smooth sauce. Add sauce and Aleppo pepper to pasta in pot. Toss to combine, adding an additional ¼ to ½ cup pasta cooking water as needed for desired consistency. Season with salt.
- 4** Spoon pasta into bowls. Top with asparagus mixture and sprinkle with dill and additional Aleppo pepper. Serve with lemon wedges.