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Creamy Avocado Chicken Pasta

Ingredients:

7 oz chicken breast
Seasonings: coconut aminos, Mrs. Dash Extra Spicy
4 oz quinoa pasta (or wheat pasta)

Avocado-Basil Pasta Sauce:

2 large avocados
1/2 cup 2% Greek yogurt
1 tbsp minced garlic
1/2 cup fresh basil (chopped)
1 lemon
sea salt & pepper

Directions:

1. Remove the pits from two large avocados.
2. Pulse-blend the avocados, Greek yogurt, garlic, basil and juice from 1 lemon. Once blended and the texture is smooth, add salt and pepper to taste. If desired, add freshly chopped red onions.
3. Boil the quinoa pasta and set aside.
4. Season your chicken breast and cook in a nonstick skillet. Optional: To make the meal even heartier, add extra veggies to your pasta like bell peppers and mushrooms. Toss those in with the chicken while it cooks in the skillet.
5. Mix 1/3 of the avocado pasta sauce with the quinoa pasta, and then top with grilled chicken breast.
6. Add extra veggies like cherry tomatoes, mushrooms, and bell peppers. Top with 1 tbsp parmesan cheese, if desired.