

Avocado Mac n' Cheese



PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

Recipe yields 5 servings

INGREDIENTS

- 2 large avocados, halved and pitted
- ½ cup cilantro, roughly chopped
- ¼ cup flat-leaf parsley, roughly chopped
- 2 tbsp lime juice
- 1 tbsp onion, diced
- 1 garlic clove, roughly chopped
- 2 tbsp ghee (clarified butter)
- 3 tbsp unbleached flour
- 1 cup whole milk
- ½ cup unsweetened almond milk
- 1 ½ cup shredded sharp cheddar cheese
- ¾ lb. ruffles, rotini, elbow or other small pasta, cooked and drained according to package directions

INSTRUCTIONS

1. Spoon avocado into a mini-food processor. Add in cilantro, parsley, lime juice, onion, and garlic.
2. Process until smooth, and reserve.
3. In a medium saucepan, heat ghee over medium heat.
4. Stir in flour, and whisk until smooth.
5. Add the two types of milk, and stir until thickened.
6. Stir in avocado herb puree.
7. Add cheese by the handful, until fully melted.
8. Pour mixture over pasta, and serve.