

Black Bean Pasta with Sweet Corn, Shiitake and Avocado Cream Sauce

Prep time:

10 minutes

Cook time:

10 minutes

Yields:

6 servings

Ingredients:

- 16 oz. uncooked black bean pasta
- 1 bunch green onions, sliced
- 2 cups shiitake mushrooms, thinly sliced
- 2 cups fresh or frozen sweet corn
- 3 cloves garlic
- 1/4 cup lightly packed fresh basil leaves, plus more for serving
- 2 tablespoons fresh lemon juice
- 2 ripe avocados, pitted
- 2 tablespoons nutritional yeast
- ¼ cup water or more for desired consistency
- Salt and pepper, to taste

Directions:

1. Bring a large pot of salted water to a boil. Cook the pasta according to the instructions on the package. Drain the pasta when finished and reserve.
2. In a food blender, combine the garlic, basil, lemon juice, avocado, nutritional yeast and water and process until smooth, stopping to scrape down the bowl as needed. If the sauce is too thick, add a bit more water. Season with salt and pepper to taste.
3. In a large pan, saute onions and mushrooms 2 minutes and add corn, salt and pepper.
4. Add all of the avocado sauce and pasta and stir until combined.

5. Top with pepper, lemon zest, and fresh basil leaves, if desired.