

Easy and Nutritious Green Superhero Pasta

INGREDIENTS

- 1 package Catelli Smart Veggie Spaghettini
- 2 large zucchinis (1 spiralized and one chopped)
- 3 big handfuls of fresh spinach
- 1.5 cups green peas
- 1.5 cups chicken broth
- 2 tsp olive oil
- 2 cloves fresh garlic, minced
- 2 ripe avocados, flesh of
- 1/4 cup basil pesto sauce
- fresh, grated parmesan for topping
- salt and pepper to taste



DIRECTIONS

1. Cook Spaghettini according to package directions. Drain and leave a little bit of pasta water in to keep the noodles from sticking together. I also mix a little bit of olive oil in for this reason.
2. Rinse and dry both zucchinis and have your kids help to spiralize one of them using a spiralizer. Set aside in a medium-size bowl.
3. Coarsely chop the second zucchini and set aside in a small bowl.
4. Heat a large pan over medium-heat. Add the olive oil, followed by the chopped zucchini, garlic and spinach (you may have to add the spinach in batches). Saute the veggies until they are tender-crisp, bright green and fragrant. Transfer to a medium-sized bowl and set aside. Add a little bit more olive oil to the pan and add the zucchini spirals to it. Sautee for about one minute. Transfer the spirals back to the bowl and set aside.
5. Warm the chicken broth over medium heat in a pot on the stove (or in the microwave for about a minute)
6. Using a good quality blender or food processor, add the cooked, chopped zucchini/spinach/garlic mixture, as well as the avocado and pesto sauce. Add warmed chicken broth until it covers about half of the ingredients in the blender or food processor. Blend until smooth, adding small amounts of chicken broth as needed.
7. Taste-test and add salt and pepper as needed (removing some first if you're feeding babies or young toddlers).
8. Toss together the cooked pasta and spiralized zucchini and lay on a large serving platter. Pour sauce over top, gently toss and then add green peas before tossing again. Serve and grate some fresh parmesan on top.