



Ashley's Meal Prep Monday!



Pasta with Creamy Zucchini Sauce

INGREDIENTS

1 medium onion, cut 1/2 inch
6 cloves garlic, smashed
24 ounces zucchini, skin on cut 1/4 inch slices
2 TBSP avocado oil
1/2 cup chicken broth
1/2 TSP salt/pepper
1/2 cup parmesan cheese (I use Follow your Heart for DF)
1 pound pasta (I used Tinkyada Brown Rice for GF)



Preheat oven to 425. Toss zucchini with garlic, onion, oil, salt/pepper and spread on a sheet pan. Roast for about 25 minutes, until tender and browned, tossing halfway.

While roasting, bring a large pot of salted water to a boil. Once boiling, add pasta and cook according to package directions for al dente. Drain the pasta reserving some of the water and return to the pot.

Remove the vegetables from the oven when done and transfer to a blender. Add the parmesan cheese and broth. Puree until smooth.

Toss with the pasta, adding reserved water as needed to loosen the sauce to your desired taste. Top with grated parmesan cheese and serve with your favorite protein.

Recipe: skinytaste.com

CARTWRIGHT'S
MARKET