

# Creamy Avocado Lime Sweet Potato Noodles

**PREP 15 mins**  
**COOK 10 mins**  
**TOTAL 25 mins**

**Makes two generous servings**

## INGREDIENTS

### • CREAMY AVOCADO SAUCE

- 1/2 cup pepitas (pumpkin seeds)
- 1 medium avocado, pit removed and flesh scooped out
- 1/2 cup packed cilantro leaves and tender stems
- 1 jalapeño, seeds and white membrane removed
- 1 teaspoon minced garlic (1 clove)
- 1/4 cup fresh lime juice, from 1 to 2 limes
- 3 tablespoons extra-virgin olive oil
- 1 cup water
- 1/4 teaspoon sea salt or more to taste

### • SWEET POTATO NOODLES

- 1 tablespoon avocado oil or olive oil
- 2 medium sweet potatoes, peeled and spiralized (1 pound of noodles)
- 1/2 teaspoon sea salt
- Half of a lime
- 6 tablespoons creamy avocado sauce or more as needed
- Cilantro leaves, toasted pepitas and queso fresco for serving

## DIRECTIONS

### • MAKE SAUCE

Add pepitas to a skillet over medium heat. Toast, stirring often, until the seeds begin to pop, 3 to 5 minutes. Take off of the heat and set aside 2 tablespoons of the seeds for serving. Use the rest to make the sauce.

Add pepitas (minus the reserved tablespoons for serving), avocado flesh, cilantro, jalapeño, garlic, lime juice, olive oil, water and the salt to a food processor or blender. Blend until smooth. If the sauce seems too thick, blend in a few more tablespoons of water. Taste then adjust with more salt as needed (we use about 1/2 teaspoon).

Store sauce in the refrigerator with a sheet of plastic wrap pressed on top to prevent air from turning the avocado brown.

### • COOK SWEET POTATO NOODLES

Heat the oil in a wide non-stick skillet over medium heat. Add sweet potato noodles to the pan and season with the salt. Toss with pasta tongs and cook until al dente — the noodles should be wilted, but still have a slight crunch; 5 to 7 minutes. Do not let the noodles cook any longer or else they will become mushy and fall apart. As they cook, keep tossing so that all the sweet potato noodles have a chance to hit the bottom of the skillet.

Squeeze half of a lime over the noodles then toss with 6 tablespoons of the creamy avocado sauce. If the noodles seem dry, add an extra tablespoon. Serve with a few cilantro leaves, the reserved pepitas and if you like, some queso fresco on top.

**NUTRITION PER SERVING:** Calories 360 / Protein 8 g / Carbohydrate 32 g / Dietary Fiber 7 g / Total Sugars 5 g / Total Fat 25 g / Saturated Fat 4 g / Cholesterol 0 mg