FETTUCCINE WITH TOMATO-AVOCADO SAUCE

This recipe is adapted from John Robbins's book *May All Be Fed: Diet for a New World* (1992). The recipe is not individually credited, but all the recipes are attributed to "Jia Patton and friends." Serves 4; adapted to be oil-free.

1/4 cup sherry, white wine or dry vermouth
1 medium onion, finely chopped
2 garlic cloves, minced
1 fresh hot chile pepper, seeded and minced (optional and to taste)
4 medium tomatoes, cut into 1/2" cubes
1/4 to 1/2 tsp salt
1/8 tsp freshly ground black pepper
1/2 cup chopped fresh cilantro (optional)
12 oz whole-grain fettuccine made without eggs
2 ripe medium avocados, peeled, stone removed, 3/4" cubes
2 tbsp freshly squeezed lime juice

Toasted chopped almonds or walnuts for garnish (optional)

Heat the sherry in a large skillet over medium heat. Add the onions, garlic, and chile pepper if using, and cook until softened, about 5 minutes. Add the tomatoes, salt, and pepper and cook, stirring often, until the sauce has thickened slightly, about 10 minutes. Remove from the heat and stir in the cilantro if using. Keep warm.

Meanwhile, in a large pot, cook the noodles until just tender (*al dente* according to package directions). Drain and transfer to a serving bowl.

Add the tomato sauce, avocados, and lime juice. Toss to mix well, and serve immediately with chopped nuts as garnish if desired.

This recipe calls for fresh tomatoes and it's best to make it that way: at least, it will be a quite different dish if you use canned tomatoes.

Go easy on the chile pepper and know your own preference for "heat."

Variations:

You could use a different shape of pasta if you wish.

Try using a gluten-free corn-based pasta; if you do this, you might want to add some ground coriander and ground cumin to the dish.





