

**Living Well Cancer Resource Center: Being Well**

**April 2020**

**Topic: Mediterranean Flavors: Lemon, Garlic & EVOO**

**Avocado Fettuccine**

**Simple Olive Oil Pasta**

**Lemon Garlic Salad Dressing on Arugula**

**Lemon Garlic Pasta**

**Lemon-Garlic Oil with herbs and Flatbread**

**Spaghetti with Garlic & Lemons**

**One Sheet Pan Garlic Roasted Salmon with Brussel Sprouts**

## Avocado Fettuccine



### Ingredients

1 pkg fettuccine (substitute gluten free pasta for wheat allergies)  
1/4 tsp garlic powder  
1/2 lemon, juiced  
3 Tbsp. olive oil  
1/2 tsp. sea salt  
2 large ripe avocados, pitted  
1/4 cup dried basil  
As needed freshly ground black pepper  
1/2 cup parmesan cheese (optional - may be eliminated or substitute dairy free cheese for dairy allergies/lactose intolerance)

### INSTRUCTIONS

Prepare pasta as directed on package.

Mix garlic powder, lemon juice, olive oil and salt. Add avocado and 1/4 cup cheese. Stir/mash until creamy.

1. Pour sauce over hot pasta and toss. Serve immediately, and top with black pepper and remaining parmesan cheese.

Nutrition Facts per serving: 290 calories, 9 g fat, 2 g saturated fat, 46 g carbohydrate, 9 g protein, 240 mg sodium, 4 g fiber

## Lemon Garlic Pasta

### Ingredients:

1 head of garlic (contains about 10-15 cloves)  
¼ cup EVOO  
4-5 Tbsp. Fresh lemon juice, 1 large lemon or 2 small lemons  
Lemon zest  
Pinch of salt, optional  
1/8 tsp. Red pepper flakes, or more if you like spicy  
½# Angel Hair Pasta-cooked  
Fresh Grated Parmesan  
Black pepper to taste  
½ cup chopped parsley

### Directions:

Place peeled garlic cloves in an oven safe dish, drizzle with olive oil and cover with foil. Oven roast at 400 degrees F for 30-40 minutes (until lightly golden browned). Let cool for 2-3 minutes, then chop.

Cook pasta according to package directions. May use whole grain pasta.

In a large sauté pan over medium/low heat, heat olive oil and chopped garlic for 4-5 minutes while stirring.

Add the lemon juice and continue cooking for 2-3 minutes.

Reduce heat to low, add the salt and red pepper flakes.

Add the cooked pasta and toss with the lemon garlic sauce until fully coated.

Transfer to serving dishes and top with a drizzle of olive oil, lemon zest, fresh grated Parmesan cheese, parsley and red pepper flakes.

Serves: 4

Calories: 273, CHO: 34 g, Protein: 5 g, Fat: 16 g, Fiber: 5 g, Sodium: 83 mg

## Lemon Garlic Dressing

### Ingredients:

1 small clove garlic  
1 Tbsp. Fresh lemon juice  
½ tsp. Fine sea salt, optional  
¼ tsp. Freshly ground black pepper  
¼ tsp. Dry ground mustard  
2-3 Tbsp. EVOO

### Directions:

Peel & mince garlic  
Add the lemon juice, lemon zest, salt, pepper and mustard.  
Whisk to combine everything. Whisk in the olive oil  
Taste and adjust salt & pepper to taste.  
Combine with salad & enjoy!

**Note:** May also add fresh minced herbs (parsley, mint, chervil, & dried greens)

Serves: 3. Serving size: 2 ounces

Calories: 169, CHO; 16 g, Protein: 3 g, Fat: 12 g,