



Pasta with Chickpeas

Prep: 10 minutes | Cook: 35 minutes | Total: 45 minutes

Yield: 3 servings | Serving Size: ~1½ cups

Ingredients

- 2 tablespoons oil
- 3 cloves garlic, minced (about 1½ teaspoons)
- 3 tablespoons no-salt-added tomato paste
- 1 (15.5-ounce) can no-salt-added garbanzo beans, drained and rinsed
- 1 cup diced zucchini
- 1 cup whole-wheat short pasta (e.g. elbows, orzo, small shells, rotini), uncooked
- 1 (14.5-ounce) can diced tomatoes
- 2 cups water
- Crushed red pepper flakes, to taste, optional

Directions

1. Heat a large sauté pan or saucepan (pot) over medium heat.
2. Add the oil and heat until shimmering.
3. Add the garlic and cook, stirring frequently, until it becomes lightly browned, about 1-2 minutes.
4. Stir in the tomato paste, scraping up any browned bits on the bottom of the pan.
5. Add the chickpeas, zucchini, pasta, diced tomatoes with their juice, and water.
6. Increase the heat to high and bring to a boil.
7. Reduce the heat to a simmer.
8. Cook until the pasta is tender and much of the liquid has been absorbed, about 15-20 minutes.
9. Serve warm, adding the crushed red pepper flakes as desired for additional spice.

Recipe Notes

- Pairs well with a garnish of grated parmesan and/or fresh chopped basil on top.

**Nutrition Facts Per Serving: Calories: 300 | Total Fat: 11.5 g | Saturated Fat: 1.5 g
Sodium: 200 mg | Total Carbohydrate: 43 g | Dietary Fiber: 9.5 g | Protein: 11 g**

Adapted from dinnerwithjulie.com | Submitted by Brandi Kozlowski DTR
For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs