



Pasta e Ceci



Prep Time: 5 minutes



Cook Time: 25 minutes



Servings: 4

Ingredients

- 4 tablespoons olive oil
- 5 cloves of garlic, minced
- 1/4 teaspoon crushed red pepper flakes, more to taste
- 1/4 cup tomato paste
- 2 teaspoons salt
- 3 cups water (can sub low sodium chicken or vegetable broth)
- 1 15-ounce can of chickpeas
- 2 cups of dry pasta of your choice
- fresh or dried herbs, optional (basil, oregano, and parsley would be great)
- Parmesan cheese, optional

Recipe Notes:

This recipe is very versatile. If you have left over protein, like meat, poultry, or seafood you can add that as the pasta is cooking to allow it to heat up. You can also add any veggies of your choosing! Sauté fresh veggies with the garlic and red pepper flakes. For canned or frozen veggies, toss them in the pot with the pasta to allow them to heat up. Leafy greens can be added to the pot in the last couple of minutes of cooking.

Procedure

1. Heat olive oil in large pot over medium heat for 1 minute
2. Add garlic and crushed red pepper flakes to pot, stirring often until garlic turns golden color. about 1 minute
3. Stir in tomato pasta and salt in pot, stirring for another minute
4. Pour in 3 cups of liquid and bring to a boil. Scrape up any browned bits as they will add flavor
5. Add chickpeas and pasta. Reduce heat to medium low and let pot come to a simmer
6. Allow to cook for 15 minutes, or until pasta is al dente
7. Adjust seasoning if needed and add additional liquid if pasta looks dry
8. Serve into bowls and top with herbs, parmesan cheese, additional red pepper flakes, or olive oil if desired

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