

Mediterranean Chickpea Pasta

Swick

Makes 2 servings | Active Time: 20 minutes | Total Time: 20 minutes

Chef's Notes

Nutrition: Calories 419; Fat 12gg; Carbs 64g; Fiber 16g; Sugar 11g; Protein 18g; Cholesterol 0mg; Sodium 216mg; Vitamin A 4823IU; Vitamin C 37mg; Calcium 161mg; Iron 8mg

Step 1: Method

- 5 1/3 oz Brown Rice Spaghetti, dry (149.24 grams)
 - 2 cups Chickpeas, cooked (400 grams)
 - 2 2/3 Garlic cloves, chopped
 - 1 1/3 cups Cherry Tomatoes (149 grams)
 - 2 2/3 cups Baby Spinach (80 grams)
 - 1/3 cup Black Olives (60 grams)
 - 2 tsp Extra Virgin Olive Oil (10 mL)
 - 1/3 tsp Red Pepper Flakes (a pinch)
 - 2 2/3 tbsp Lemon Juice (40 mL)
1. Bring large pot of water to boil. Cook the pasta until al dente.
 2. While the water boils and the pasta cooks, prep your veggies: mince the garlic, halve the cherry tomatoes and slice olives in half.
 3. Heat the olive oil in a large skillet over medium heat. Add the garlic, tomatoes and spinach. Add the red pepper flakes and chickpeas. Stir until the garlic is fragrant and the tomatoes begin to break down and release some juice into the oil (about 5-7 minutes).
 4. Add the pasta to the skillet and toss to coat. Drizzle the lemon juice over the pasta. Enjoy!