

Chickpea Veggie Pasta

Swick

Makes 3 servings | Active Time: 20 minutes | Total Time: 20 minutes

Chef's Notes

Nutrition: Calories 411; Fat 11g; Carbs 65g; Fiber 17g; Sugar 15g; Protein 26g; Cholesterol 0mg; Sodium 138mg; Vitamin A 3996IU; Vitamin C 30mg; Calcium 123mg; Iron 11mg

Step 1: Method

- 10 Oz Chickpea Pasta (125 grams)
 - Avocado Oil
 - 1 tbsp Red Onion, Diced (4 grams)
 - 1/2 cup Cherry Tomatoes (149 grams)
 - 3 cups Baby Spinach (90 grams)
 - 1 cup Tomato Sauce (225 grams)
1. Cook pasta according to directions on box.
 2. While pasta is cooking, heat oil on frying pan over medium heat. Add diced onion and cherry tomatoes. Saute until tomatoes start to burst a bit (about 5-7 minutes) and then add spinach. Cook spinach until it is wilted down (about 3 minutes).
 3. Combine cooked veggies with pasta. Mix in tomato sauce. Enjoy!