

## Pasta with Chickpeas

*Adapted from Food52*

### Ingredients

- ½ cup olive oil
- 3 garlic cloves, peeled and thinly sliced
- ¼ cup plus 2 tablespoons tomato paste
- ½ pound (or about 2 cups) of uncooked pasta – aim for a small shape, like ditalini
- 1 teaspoon kosher salt
- 1-15 ounce can low-sodium chickpeas, drained and rinsed (or about 2 cups cooked chickpeas)
- Parmesan cheese, to taste (as optional garnish)

### Instructions

In a small pot, add 3½ cups water and bring to a boil.

In a large pot on medium high heat, add the oil and then the garlic, stirring regularly until the slices become toasted and fragrant (keep an eye on the pot to ensure the garlic does not burn). Stir in the tomato paste and cook for 30 seconds more.

Add the pasta, boiling water, and salt. Stir to help prevent any sticking to the bottom of the pan. Turn the heat down to medium low, so the mixture is at a simmer, and continue to stir occasionally for about 15 minutes or until the pasta is just shy of al dente.

Add the chickpeas and continue to stir occasionally until the pasta is fully cooked and most of the liquid is absorbed. (If the mixture becomes too dry, add a little more water to loosen.)

Top with grated Parmesan cheese, if desired.

**Yield:** 5 servings

### Nutrition Per Serving

CALORIES: 490

PROTEIN: 13 grams  
CARBOHYDRATE: 57 grams  
FAT: 24 grams

SODIUM: 450 milligrams  
FIBER: 7 grams  
SATURATED FAT: 3 grams

