

Chickpea Pasta with Basil and Tomato

EASY | RECIPE

Ingredients:

- 1 package (8 oz.) **chickpea fusilli**
- 2 cups **grape tomatoes**
- 2 tbsp **extra-virgin olive oil**
- ½ cup chopped fresh **basil**
- ¼ cup grated **Parmesan cheese**
- Pinch **salt** and **pepper**



Method:

Boil pasta according to package directions. **Do** not overcook. **Drain. In** a large bowl, combine fusilli, tomatoes, olive oil, basil, Parmesan cheese, salt and pepper. **Toss** to coat and serve.

Makes 4 servings. Per serving:

300 calories | 15g protein | 12g total fat | 2g saturated fat | 7g mono fat |
1g poly fat | 39g carbohydrate | 1g sugar | 6g fiber | 178mg sodium