

Recipe



Chickpea Pasta with Mushrooms & Kale

Serves 4 | Total time: 30min

Ingredients

- 8oz chickpea rotini or penne
- ¼ C. extra-virgin olive oil
- 2 large cloves garlic, sliced
- Pinch of crushed red pepper
- 8 C. chopped kale
- 8oz cremini mushrooms, quartered
- ½ tsp dried thyme
- ½ tsp salt
- Grated parmesan cheese for serving (optional)

Nutrition

Per Serving: Calories: 340 Protein: 17g
Carbohydrates: 38g Dietary Fiber: 10g
Fat: 18g Saturated Fat: 2g Sugar: 7g
Sodium: 366mg

Tip

We chose chickpea pasta for this dish instead of wholewheat because it's packed with tons of fiber, protein, and nutrients—some brands provide more than 40% of your daily recommended fiber, plus 20 grams of protein per serving. Look for it with other gluten-free pastas.

Directions

1. Cook pasta according to package directions. Reserve 1 cup of the cooking water, then drain.
2. Meanwhile, heat oil in a large skillet over medium heat. Add garlic and crushed red pepper; cook, stirring once, until fragrant, about 1 minute. Add kale, mushrooms, thyme, and salt; cook, stirring occasionally, until the vegetables are soft, about 5 minutes.
3. Stir in the pasta and enough of the reserved water to coat; cook, stirring, until combined and hot, about 1 minute more. Serve topped with Parmesan, if desired.

Source: <http://www.eatingwell.com/recipe/7939117/chickpea-pasta-with-mushrooms-kale/>

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