

Chickpea Pasta with Arugula

Ingredients

1 box Banza Chickpea Pasta (penne or small shells work well)
3 tablespoons extra virgin olive oil
2 cloves garlic, chopped
4 cups baby arugula
1 cup cherry or grape tomatoes, quartered
Shredded pecorino romano cheese

Recipe adapted from kalememaybe.com

Directions

1. Prepare pasta according to directions (cook about 9 minutes)
2. Saute garlic in olive oil, when soft, add arugula to wilt
3. Add tomatoes to pan
4. Drain pasta and add to saute pan
5. Mix together and serve with shredded Pecorino Romano cheese

Option: Saute some chicken sausage and add to the bowl of pasta and arugula.

Mary-Beth says: *“Chickpea pasta is more than an alternative to wheat pasta. It is delicious and nutritious on its own. Higher in protein, lower in carbohydrates, and gluten free, it cooks well and mixes with a wide variety of vegetables and sauces.”*