

PASTA AND CHICKPEAS

One skillet, 5 ingredients, 20 minutes from pantry to table!

Source: *Recipe adapted by Deb Perelman of Smitten Kitchen from a recipe by Victoria Granof*

Featured Food: Chickpeas

Yield: Serves 2

Ingredients

Serves 2	1/2 c. (about 2 ounces dry) uncooked ditalini pasta or other small shape pasta
2 T. olive oil	
2 cloves garlic, peeled and smashed	2 c. hot water
3 T. tomato paste	To finish
1 t. kosher salt, plus more to taste	2 T. olive oil
Freshly ground black pepper or red pepper flakes, to taste	1 clove of garlic, peeled and finely chopped
1 ½ c. cooked chickpeas (from one 15-ounce can, drained and rinsed)	1 t. minced fresh rosemary
	Salt and red pepper flakes

Preparation

In a large heavy-bottomed pot, heat the olive oil until it shimmers. Add the garlic and cook, stirring until it becomes lightly browned and fragrant. Stir in the tomato paste and salt and fry for 30 seconds or so. Add the chickpeas, pasta, and water. Stir to scrape up any browned bits on the bottom of the pot, lower the heat, and simmer until the pasta is cooked and most of the liquid has been absorbed, about 15 minutes. To serve, ladle the pasta into shallow bowls, drizzle a bit of olive oil and sprinkle with any of the “to finish” ingredients.