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

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