



PASTA SHELLS WITH CHICK PEAS, TOMATOES & SPINACH



SERVES
4

Nutrition Facts

Amount per serving

Calories 300

% Daily Value*

Total Fat 10g 13%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 200mg 9%

Total Carbohydrate 40g 15%

Dietary Fiber 7g 25%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 11g

Vitamin D 0mcg 0%

Calcium 83mg 6%

Iron 4mg 20%

Potassium 674mg 15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients

- 2 Tbsp. olive oil
- ½ medium onion, chopped
- 3 garlic cloves, thinly sliced
- 1 sprig fresh rosemary (approximately 1 Tbsp.)
- ½ tsp. red peper chili flakes
- 1 can (14 oz) chick peas, low sodium, drained and rinsed
- 1 can (28 oz) whole peeled tomatoes, no salt added, crushed
- 8 oz pasta shells
- 1 cup spinach, fresh
- 2 Tbsp. grated parmesan cheese
- 3 Tbsp. parsley, fresh, chopped
- Salt
- Black pepper

Rule of thumb when substituting dried herbs for fresh is to use a third of the amount of dried as you would fresh herbs. Since one tablespoon is equal to three teaspoons, use one teaspoon chopped dried herbs instead.

Recipe developed by
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Pasta Shells with Chick Peas, Tomatoes & Spinach

Equipment

- Can opener
- Chef's knife
- Cutting board
- Glass measuring cup
- Large bowl
- Large pot
- Measuring cups
- Measuring spoons
- Mixing spoon
- Plates
- Small bowls

Directions

Heat olive oil in a large saucepan over medium heat. Add the onions and cook, stirring occasionally, until onions begin to soften, about 5 minutes.

Add garlic and continue to cook, stirring occasionally, for 5-6 minutes.

Add rosemary and red pepper flakes and cook, stirring for about 30 seconds.

Add chick peas cook and stir for about 1-2 minutes. Add tomatoes and cook, stirring occasionally, for 5-8 minutes or until sauce has slightly thickened.

Add pasta shells and 3 cups water. Increase heat to medium-high, bring to a simmer, and cook, stirring occasionally to prevent pasta from sticking, until pasta is al dente, 15-20 minutes.

Stir in spinach, until wilted, about 1 minute, followed by parsley and parmesan cheese.

Divide pasta between four bowls and top with black pepper.