

# #LetsCook30

## QUICK CHICKPEA PASTA (PASTA E CECI)

**Servings:** 4

**Ready in about:** 25 minutes

2 tbsp	vegetable oil
2 medium cloves	garlic, minced
1/2 tsp	salt
	pepper to taste
3 tbsp	tomato paste
1 ½ cups	canned chickpeas, rinsed
1 cup	uncooked small pasta
2 cups	boiling water
1/2 cup	frozen peas
1/4 cup	parmesan cheese, grated

### INSTRUCTIONS:

1. Heat pan with oil.
2. Add garlic and stir, cooking until fragrant.
3. Stir in salt, pepper, tomato paste and cook for 30 seconds.
4. Add chickpeas, pasta and water. Stir to combine ingredients.
5. Lower temperature and let simmer about 15 minutes.
6. Add frozen peas and cook for 4 – 5 more minutes or until pasta is cooked and most of the liquid is absorbed.
7. Serve topped with grated cheese.

### SPICE IT UP:

- Add red pepper flakes with step 3.

Adapted from: Smitten Kitchen. Accessed 2019.

### PUBLIC HEALTH

1-877-464-9675  
TTY 1-866-512-6228  
[york.ca/letscook30](http://york.ca/letscook30)

