

Kim's Chickpea Pasta Recipe

Ingredients:

- 1 bag brown rice pasta, cooked according to directions
- 2 tablespoons coconut or olive oil
- 3 cloves garlic, minced
- 2 white onions, chopped
- ½ cup pitted olives (black or green), sliced or chopped
- 1 can tomato sauce 680 ml
- 1 can chickpeas 398 ml (drained and rinsed)
- ½ lemon (juiced)
- Salt and pepper to taste – approximately ½ tsp each
- 1/4 cup chopped fresh basil for garnish



Optional items:

- crumbled feta cheese
- pumpkin seeds
- canned tuna
- capers

Instructions:

Boil some salted water for pasta. Once water is boiling add pasta and cook according to package directions.

Meanwhile, heat oil in a saute pan on medium heat. Once oil is warm, add onions and cook until caramelized (about 4-5 minutes). Once onions are softened, add garlic and sliced olives and stir often for another minute or two until garlic softens. Add rinsed chickpeas and tomato sauce, fresh lemon juice, salt and pepper. Stir until combined and cook until warmed through.

Mix cooked pasta with sauce directly in saucepan, or pour sauce over pasta in individual bowls. Top with fresh basil and your favourite pasta toppings and enjoy! Leftovers can be stored in an airtight container and refrigerated for 3-5 days.