



Because no student **FEED-A-BULL** Should go hungry

Chickpea Veggie Pasta

Prep Time: 10 Min.

Total Time: 20 Min.

Ingredients:

- 1 can chickpeas
- 1 can diced tomatoes
- ½ can spinach
- ½ box pasta of your choice
- 1 tablespoon olive oil
- 1/2 teaspoon Italian seasoning
- ¼ teaspoon ground black pepper

Instructions:

- Bring a pot of salted water to a rolling boil and add pasta. Allow to cook as recommended on package directions as you complete the next 4 steps.
- Heat olive oil in 12-inch nonstick skillet
- Add chickpeas; cook for approximately 5 minutes, stirring occasionally.
- Stir in tomatoes and spinach.
- Drain pasta and return to pot. Add chickpeas and vegetables to pot. Heat thoroughly and serve.