

Garlic Tomato Pasta

Serves: 4, Total Time: 15 minutes

INGREDIENTS

- 12 oz whole grain pasta,
- 3 tbsp olive oil,
- 4 garlic cloves, minced,
- 1 can diced tomatoes,
- 1 can chickpeas, drained,
- Salt, pepper, and red pepper flakes (optional)



INSTRUCTIONS

- 1 Cook pasta according to package directions. Reserve half a cup of pasta water before draining.
- 2 While pasta cooks, warm olive oil in a large pan over medium heat. Add garlic and cook 2 minutes until fragrant.
- 3 Add tomatoes and chickpeas. Season generously and simmer 5 minutes.
- 4 Toss in drained pasta, adding pasta water a splash at a time until the sauce clings.

