

Tomato, Basil, and Chickpea Pasta

Ingredients:

- 1 pint grape tomatoes, rinsed and halved 1. (or other tomato variety)
- 1 Tbsp. olive oil
- 4 oz. whole wheat rotini pasta (dry) (or other pasta of choice)
- 1 15-oz can chickpeas, drained and rinsed
- 1 cup fresh basil

(1/3 cup dried basil or other herbs)

Vinaigrette:

- 1/3 cup olive oil
- 1/4 cup red wine vinegar
- 1 clove garlic, minced
- Salt and pepper, to taste.



Directions:

- Cook pasta according to package directions. Drain and rinse with cool water.
- In a large mixing bowl, toss tomatoes, pasta, chickpeas and basil. Set aside.

<u>Vinaigrette:</u> Whisk together vinaigrette ingredients and pour over pasta. Refrigerate for 1 hour.



Servings: 4

Tomato, Basil, and Chickpea Pasta

Ingredients:

- 1 pint grape tomatoes, rinsed and halved 1. (or other tomato variety)
- 1 Tbsp. olive oil
- 4 oz. whole wheat rotini pasta (dry) (or other pasta of choice)
- 115-oz can chickpeas, drained and rinsed
- 1 cup fresh basil

(1/3 cup dried basil or other herbs)

Vinaigrette:

- 1/3 cup olive oil
- 1/4 cup red wine vinegar
- 1 clove garlic, minced
- Salt and pepper, to taste.

Directions:

- Cook pasta according to package directions. Drain and rinse with cool water.
- 2. In a large mixing bowl, toss tomatoes, pasta, chickpeas and basil. Set aside.

<u>Vinaigrette:</u> Whisk together vinaigrette ingredients and pour over pasta. Refrigerate for 1 hour.

