

# Pasta with Chickpea Sauce

Serves: 4 (serving size, about 1 cup)

Source: <http://www.cookinglight.com>

**Items needed:** Blender, knife, cutting board, measuring spoons, measuring cups, skillet, wooden spoon, large pot

## Ingredients:

2 TBSP olive oil  
1 cup chopped onion  
1 cup chopped carrot  
4 garlic cloves, minced  
1 cup drained, canned unsalted chickpeas  
¾ cup water  
1 teaspoon kosher salt  
½ teaspoon black pepper  
4 cups hot cooked whole grain penne pasta (8 ounces uncooked)  
¼ cup chopped fresh parsley  
¼ cup chopped fresh basil

## Directions:

1. Heat olive oil in a skillet over medium
2. Add onion, carrot, and minced garlic; cook 8 minutes
3. Place onion mixture, chickpeas, water, salt and pepper in a blender; process until smooth
4. Toss with hot, cooked penne pasta; sprinkle with parsley and basil

## Nutrition Information:

Calories: 393 Fat: 12.3 g Carbs: 9 g Protein: 1 g Fiber: 3 g Sodium: 23 mg

