



Chickpeas & Pasta

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 cup

Amount per Serving	
Calories	274 kcal
Protein	8.74 g
Carbohydrate	30.05 g
Total Fat	14.27 g
Saturated Fat	5.54 g
Cholesterol	19.50 mg
Vitamin A	530.90 IU
Vitamin C	4.38 mg
Iron	2.25 mg
Calcium	83.47 mg
Sodium	452.24 mg
Dietary Fiber	7.61 g

EQUIVALENTS: 1 cup provides 1 oz equiv WGR grain, 1/8 cup red/orange vegetable and 3/8 cup beans/legumes or 1.5 oz equiv meat/meat alternate (but not both).

Recipe HACCP Process: #2 Same Day Service

Chickpeas & Pasta • 50 servings (1 cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Water		1 gal + 1 qt	<ol style="list-style-type: none"> Bring water and salt to a boil in a large pot. Add pasta and cook until just tender, about 10 minutes. Drain and set aside. 	<i>OPTIONAL: Add Parmesan cheese right before serving.</i>
Kosher salt		1 Tblsp		
Whole-wheat spaghetti	5 lb		<ol style="list-style-type: none"> Heat butter and oil in a large stockpot over medium heat. Add garlic and pepper and cook, stirring, for 1 minute. Add chickpeas and cook, stirring occasionally, until heated through, 10 to 15 minutes. 	
Unsalted butter	1 lb	2 cups		
Olive oil		1 cup		
Crushed garlic cloves		5 Tblsp		
Ground black pepper		1 tsp		
Chickpeas, canned, rinsed and drained		2 #10 cans	<ol style="list-style-type: none"> Add the drained pasta, tomatoes and basil; toss to combine. Serve hot or cold. 	
Diced tomatoes, fresh or canned (drained)	2 lb	2 qt		
Finely chopped fresh basil		1 cup		

