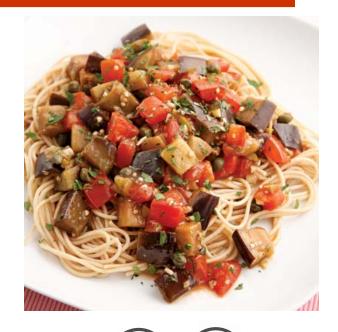


Eggplant Pomodoro Pasta

Ingredients:

- 2 tbsp. extra virgin olive oil
- 1 lb. eggplant, peeled and cubed
- 2 garlic cloves
- 4 large tomatoes, diced
- 3 oz. green olives
- 2 tbsp. fresh lemon juice
- $\frac{1}{3}$ cup garbanzo/chickpeas, unsalted, drained and rinsed
- ¹/₄ tsp. salt
- $\frac{1}{2}$ tsp. black pepper
- ¹/₄ tsp. crushed red chili flakes
- 12 oz. whole wheat angel hair pasta
- 1/4 cup fresh parsley, chopped

Amount Per Sei	rving		
Calories 380) Calo	ories fron	n Fat 90
		% Da	aily Value*
Total Fat 10g			15%
Saturated	Fat 1g		5 %
Trans Fat	0g		
Cholesterol 0mg			0%
Sodium 410mg			17%
Total Carbo	hydrate (64g	21%
Dietary Fil	ber 11g		44 %
Sugars 8g	J		
Protein 11g			
Vitamin A 30	%	Vitamin (7 45%
Calcium 6%		ron 15%	
*Percent Daily Va diet. Your daily va depending on yo	alues are bas alues may be	sed on a 2,0 e higher or l	000 calorie
Total Fat	Less than Less than	65g 20g 300mg	80g 25g 300mg





Directions:

- 1. Put a pot of water on to boil.
- 2. Heat oil in a large nonstick skillet over medium heat and sauté garbanzo beans until golden brown and crispy.
- 3. Add eggplant and cook, stirring occasionally, until just softened, about 5 minutes. Add garlic and cook, stirring, until fragrant, 30 seconds to 1 minute.
- 4. Add tomatoes, olives, lemon juice, salt, pepper and crushed red pepper and cook, stirring, until the tomatoes begin to break down, 5 to 7 minutes more.
- 5. Meanwhile, cook pasta in boiling water until just tender, about 6 minutes or according to package directions.
- 6. Drain pasta. Spoon the sauce over the pasta and sprinkle parsley on top.