

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
- 1/3 cup garbanzo/chickpeas, unsalted, drained and rinsed
- 1/4 tsp. salt
- 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



Nutrition Facts

Serving Size 1 1/2 cup (340g)
Servings Per Container 5

Amount Per Serving	
Calories 380	Calories from Fat 90
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 410mg	17%
Total Carbohydrate 64g	21%
Dietary Fiber 11g	44%
Sugars 8g	
Protein 11g	
Vitamin A 30%	• Vitamin C 45%
Calcium 6%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



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.