

Whole Wheat Pasta with Chickpeas and Veggies

Recipe courtesy of *Diane's Daily Dish!*

(NOTE: Use your favorite veggies or whatever is handy)

Ingredients:

2 tbsp. olive oil

2 garlic cloves; minced

1/2 medium onion, finely chopped

1 cup chopped celery

1/2 cup bell pepper; chopped

1 zucchini; chopped

2 large tomatoes; chopped

1/2 cup low sodium veggie or chicken broth

2 tsp. dried oregano leaves

1 tsp. dried rosemary leaves

Salt and pepper to taste

2 (14.5 oz.) cans chickpeas; drained and rinsed

1 lb. whole wheat pasta; your favorite shape, cooked according to package directions

Freshly grated Parmesan or Romano cheese

(continued)

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Directions:

Place the oil and garlic in a large sauté pan over medium heat.

When the garlic begins to sizzle, add the onion, celery, bell pepper and zucchini. Cook for about 5 minutes.

Add tomato and broth, cover and cook until tender, about 10 minutes.

Add the oregano and rosemary and season to taste with salt and pepper.

Add the chickpeas and mix well.

Add the pasta and cook for about 1 more minute to blend the flavors.

Serve right away and top with grated cheese to taste.

Enjoy!

Serves 6 - 8