

Foodnity Recipes

Creamy Chickpea and Spring Greens Pasta

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz whole-wheat pasta
- [ ] 1½ cups cooked chickpeas (canned, rinsed)
- [ ] 3 cups spring greens (arugula, baby spinach, or mixed)
- [ ] 2 tbsp olive oil
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp lemon zest
- [ ] 2 tbsp nutritional yeast
- [ ] Salt and freshly ground black pepper to taste

Optional Garnish

- [ ] 1 tbsp toasted pine nuts
- [ ] Fresh lemon wedge
- [ ] A drizzle of extra-virgin olive oil

Instructions

1. Bring a large pot of salted water to boil, cook the pasta until al dente, then reserve ½ cup of the cooking water before draining.
2. While the pasta cooks, heat olive oil in a skillet over medium heat. Add the minced garlic and sauté until fragrant, about 30 seconds.
3. Stir in the chickpeas and lemon zest, cooking gently for 2-3 minutes. Transfer the mixture to a blender, add a splash of the reserved pasta water, and blend until smooth and creamy.
4. Return the sauce to the skillet, whisk in the remaining pasta water as needed for a silky consistency. Toss in the spring greens, allowing them to wilt for about a minute.
5. Add the cooked pasta to the skillet, sprinkle nutritional yeast, and season with salt and pepper. Toss everything together until the pasta is evenly coated.
6. Plate the pasta, garnish with toasted pine nuts, a drizzle of olive oil, and a lemon wedge on the side. Serve warm.

Nutrition per serving

420 kcal	18 g	58 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce thickens too much, add a bit more pasta water to loosen it.
- Taste and adjust the lemon zest at the end for a perfect bright finish.
- For extra nuttiness, toast the pine nuts lightly before sprinkling.