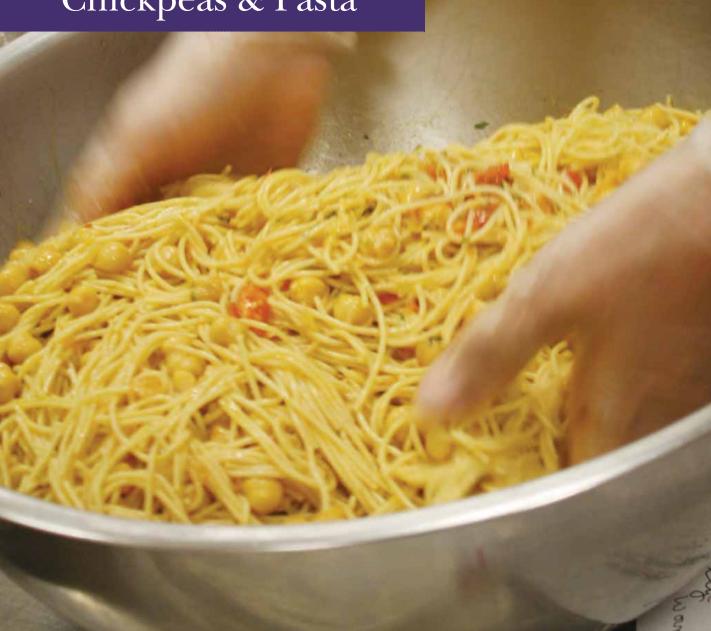
Chickpeas & Pasta





NUTRITION INFORMATION

Amount per Serving		
Calories	274 kcal 8.74 g	
Protein		
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, ½ cup red/orange vegetable and ¾ 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	• 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.	and cook until just tender, about 10 minutes. Drain and <i>before serving</i> .	OPTIONAL: Add Parmesan cheese right before serving.
Kosher salt		1 Tblsp			
Whole-wheat spaghetti	5 lb				
Unsalted butter	1 lb	2 cups	2 Heat butter and oil in a large stockpot over medium		
Olive oil		1 cup	heat. Add garlic and pepper and cook, stirring, for 1 minute. Add chickpeas and cook, stirring occasionally,		
Crushed garlic cloves		5 Tblsp	until heated through, 10 to 15 minutes.		
Ground black pepper		1 tsp			
Chickpeas, canned, rinsed and drained		2 #10 cans			
Diced tomatoes, fresh or canned (drained)	2 lb	2 qt	Add the drained pasta, tomatoes and basil; toss to combine. Serve hot or cold.		
Finely chopped fresh basil		1 cup		A CONTRACT OF	