



Whole-Grain Pasta with Chickpeas and Escarole

 Very Healthy

READY IN



42 min.

SERVINGS



4

CALORIES



334 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 28 ounce canned tomatoes whole crushed peeled canned
- ☐ 0.3 cup capers dry drained
- ☐ 15 ounce chickpeas dry rinsed drained canned
- ☐ 1 head endive roughly chopped
- ☐ 0.5 cup parsley fresh roughly chopped
- ☐ 5 cloves garlic sliced

- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 4 tablespoons olive oil extra-virgin plus more to taste
- ☐ 0.5 cup parmesan cheese freshly grated plus more for garnish
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 2 cups whole-grain penne

Equipment

- ☐ frying pan
- ☐ tongs

Directions

- ☐ Cook the pasta according to the package directions; add the escarole during the last 2 minutes, cover and do not stir.
- ☐ Remove the escarole with tongs; set aside.
- ☐ Drain the pasta, reserving 1/2 cup cooking liquid. Meanwhile, if you're using capers, heat 1 tablespoon olive oil in a large skillet over medium-high heat.
- ☐ Add the capers and fry until crisp, about 2 minutes.
- ☐ Transfer to a paper-towel-lined plate.
- ☐ Add the remaining 3 tablespoons oil to the skillet. Cook the garlic, parsley and red pepper flakes until the garlic toasts slightly, 1 minute.
- ☐ Add the tomatoes, chickpeas, a pinch of salt and the bay leaves. Cook until the tomatoes and chickpeas brown, about 6 minutes.
- ☐ Add the escarole and reserved tomato juice and cook until the sauce thickens slightly, about 4 more minutes.
- ☐ Remove and discard the bay leaves.
- ☐ Add the cooked pasta to the skillet and toss with the sauce; season with salt and pepper. (If the sauce is thick, add some reserved pasta water.) Stir in the cheese and top with fried capers, if using, and more cheese.
- ☐ Photograph by Antonis Achiellos

Nutrition Facts



 **PROTEIN 14.32%**  **FAT 51.7%**  **CARBS 33.98%**

Properties

Glycemic Index:36.83, Glycemic Load:4.45, Inflammation Score:-10, Nutrition Score:30.678260695675%

Flavonoids

Apigenin: 16.19mg, Apigenin: 16.19mg, Apigenin: 16.19mg, Apigenin: 16.19mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 25.87mg, Kaempferol: 25.87mg, Kaempferol: 25.87mg, Kaempferol: 25.87mg Myricetin: 1.23mg, Myricetin: 1.23mg, Myricetin: 1.23mg, Myricetin: 1.23mg Quercetin: 19.95mg, Quercetin: 19.95mg, Quercetin: 19.95mg, Quercetin: 19.95mg

Nutrients (% of daily need)

Calories: 334.11kcal (16.71%), Fat: 20.25g (31.15%), Saturated Fat: 4.22g (26.37%), Carbohydrates: 29.95g (9.98%), Net Carbohydrates: 19.07g (6.93%), Sugar: 5.17g (5.74%), Cholesterol: 10.88mg (3.63%), Sodium: 1326.65mg (57.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.62g (25.25%), Vitamin K: 400.16µg (381.1%), Manganese: 1.6mg (79.77%), Vitamin A: 3481.52IU (69.63%), Folate: 217.11µg (54.28%), Vitamin C: 37.51mg (45.47%), Fiber: 10.88g (43.53%), Vitamin B6: 0.81mg (40.75%), Calcium: 290.33mg (29.03%), Iron: 5.06mg (28.1%), Potassium: 966.26mg (27.61%), Vitamin E: 4.13mg (27.52%), Phosphorus: 245.12mg (24.51%), Copper: 0.48mg (24.04%), Magnesium: 80.33mg (20.08%), Zinc: 2.61mg (17.39%), Vitamin B5: 1.66mg (16.62%), Vitamin B2: 0.28mg (16.51%), Vitamin B1: 0.23mg (15.53%), Vitamin B3: 2.22mg (11.11%), Selenium: 7.62µg (10.89%), Vitamin B12: 0.17µg (2.81%)