



A RED SOX FOUNDATION AND  
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



## *Chickpea Pasta with Basil Pesto*

Serving size: ½ cup chickpea pasta with pesto

### **Ingredients:**

2 boxes chickpea pasta

### **Pesto:**

2 cups fresh basil leaves

½ cup grated parmesan

½ cup extra-virgin olive oil

1/3 cup pine nuts

3 cloves garlic

Salt and pepper to taste



### **Directions:**

1. Cook chickpea pasta per box instructions.
2. While pasta is cooking, make the pesto: Add ingredients in blender/food processor, and blend until well mixed (1-2 minutes). Occasionally stop and scrape the sides of blender.
3. Once pasta is fully cooked, drain and rinse in warm water, then toss with ½ cup pesto (more as desired).
4. Optional: Serve pasta mixed with 1 pint cherry tomatoes, 1 can low-sodium black beans, sliced red onion, and 8 oz mozzarella pearls. Garnish with fresh basil and parmesan cheese.

### **Nutrition Tips:**

1. Chickpea pasta is an excellent nutritious alternative to regular white/refined pasta. 1 serving of chickpea pasta contains 25 grams of protein and 13 grams of fiber.

### **Source:**

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.