

April, 2016 CHANGE ONE MEAL!



Spaghetti with Chickpea and Tomato Sauce

- 1 lb. spaghetti *(OR whole-wheat spaghetti)
- 3 T. extra-virgin olive oil
- ½ t. red pepper flakes
- 2 garlic cloves, finely chopped
- 1 14-oz. can chickpeas (Garbanzo beans), drained
- ½ t. dried thyme
- Black pepper to taste
- ½ C. chicken broth
- 1 14-oz. can lower-sodium petite diced tomatoes
- 1 4-oz. can sliced black olives, drained, optional
- A handful of fresh flat-leaf parsley, chopped *(OR ½ C. green onion tops, chopped)

Grated Parmesan cheese for topping

1. Bring a large pot of water to boil. Cook spaghetti according to package directions.
2. While spaghetti is cooking, heat a large skillet over medium heat. Add olive oil, red pepper flakes and garlic. Stir.
3. Place chickpeas in blender or food processor; pulse to a fine chop.
4. Add chickpeas to skillet. Add pepper and dried thyme. Saute' the mixture in the skillet quickly for 3 – 4 minutes. Add chicken broth, then stir in petite diced tomatoes. Stir in black olives, if desired. Cook until thoroughly heated.
5. Drain spaghetti. Pour into serving bowl. Toss with sauce mixture from skillet. Top with parsley/green onion and grated Parmesan cheese.

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<https://www.facebook.com/ChanuteRecreationCommission> or check out our webpage at <http://www.chanuterecreation.com/#>! Recipe adapted from Rachel Ray Express Lane 30 Minute Meals Cookbook.

CHANGE ONE MEAL is a new mini-initiative challenge from Chanute Recreation Commission to encourage Chanute residents to change one meal (one meal a day, one meal a week, one meal a month – whatever works best for your lifestyle) to a healthier option. Two healthy recipes will be featured each month. Check the CRC Facebook page, website, or pick up hard copies at the Rec Center check-in desk. **Take the challenge, and change one meal!**