

MEALTIME HELPER

MAKING MEALTIME EASY

Spicy Chickpea Pasta Bowls - Shopping List

- **Pasta & Grains**
 - 12 oz (340 g) pasta (penne, rigatoni, farfalle, or spaghetti)
- **Canned & Packaged**
 - 1 can (15 oz / 425 g) chickpeas, drained & rinsed
 - 1 can (14 oz / 400 g) diced tomatoes (or 1½ cups cherry tomatoes)
- **Produce**
 - 1 small onion
 - 3 garlic cloves
 - 1 lemon (for ~1 tbsp juice)
 - 2 cups fresh spinach or baby kale (optional)
 - 2 tbsp fresh parsley or basil (for garnish)
 - Optional toppings: 1 avocado, scallions, or fresh herbs
- **Dairy / Alternatives**
 - ½ cup plain Greek yogurt (or ¼ cup crème fraîche / heavy cream)
 - ½ cup crumbled feta or grated Parmesan (optional)
- **Pantry & Seasonings**
 - Olive oil (1–2 tbsp)
 - ½–1 tsp red pepper flakes
 - 1 tsp smoked paprika
 - ½–1 tsp ground cumin (optional)
 - ½ tsp kosher salt (adjust to taste)
 - ¼ tsp black pepper
- **Broth & Extras**
 - ½ cup (120 ml) vegetable broth (or use reserved pasta water)
 - Optional add-ins/toppings: toasted pine nuts, olives, chili oil, harissa, or sriracha

Notes:

- Reserve ½–1 cup pasta cooking water while cooking pasta to adjust sauce consistency.
- Quantities for optional toppings (avocado, nuts, chili oil) depend on preference.