



## Hummus Pasta

3 servings

15 minutes

### Ingredients

6 ozs Chickpea Pasta (dry)  
1/2 cup Frozen Edamame  
3/4 tsp Extra Virgin Olive Oil  
1/2 cup Cherry Tomatoes (halved)  
2 cups Arugula  
2 1/4 tsps Lemon Juice  
1/2 cup Hummus  
1 1/2 tsps Everything Bagel Seasoning  
Sea Salt & Black Pepper (to taste)

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 340   |
| Fat                | 14g   |
| Carbs              | 42g   |
| Fiber              | 12g   |
| Sugar              | 7g    |
| Protein            | 21g   |
| Cholesterol        | 0mg   |
| Sodium             | 341mg |
| Potassium          | 371mg |
| Vitamin A          | 626IU |
| Vitamin C          | 9mg   |
| Calcium            | 100mg |
| Iron               | 7mg   |

### Directions

1

Bring a large pot of salted water to a boil and cook the chickpea pasta according to the package directions. During the last two minutes, add the frozen edamame and reserve some of the pasta water. Drain and rinse with cold water. Set aside.

2

In the same pot over medium heat, add the oil followed by the tomatoes, arugula and lemon juice and heat through. Add the pasta and edamame to the pot and stir in the hummus. Add the pasta water one small splash at a time and stir until your desired consistency is reached. Divide onto plates and top with everything bagel seasoning, salt, and pepper. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately one cup of pasta.

**Additional Toppings:** Top with chopped parsley and a drizzle of olive oil.

**Everything Bagel Seasoning:** If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.