

# CHICKPEA & BUTTERNUT SQUASH *on a Bed of Whole Grain Pasta*



## INGREDIENTS

25 oz	Whole grain spaghetti	3 Tbs	Rosemary (fresh)
1/4 cup	Olive oil	4 Tbs	Sage (dried, ground)
6 ea	White onion (diced)	4 Tbs	Oregano (fresh)
1/4 cup	Garlic cloves (minced)	5 Tbs	Ginger (fresh, minced)
3 tsp	Nutmeg (ground)	8 oz	Basil (fresh, minced)
4 tsp	Cinnamon (ground)	1 cup	Parsley (fresh, minced)
1/4 cup	Chili powder	5 lb	Butternut squash (cubed)
1 Tbs	Clove (ground)	13 lb	Plum tomatoes (canned, whole)
2 tsp	Red chili pepper flakes	6.5 lb	Chickpeas (canned)

## INSTRUCTIONS

1. Prepare pasta according to the package directions. Set aside and keep warm for serving.
2. Heat a pan with olive oil on medium heat. Add onions and garlic and sauté to lightly brown, stirring occasionally.
3. Add the dry spices and chopped ginger to the onions and garlic. Sauté for 2-3 minutes.
4. Add the remaining ingredients and simmer until the butternut squash is tender (approximately 30 minutes).
5. For each individual portion, spoon vegetable mixture over whole grain pasta.

## NUTRITION

Calories:	210
Sodium:	410 mg
Trans Fat:	0 g
% Calories from Saturated Fat:	0%



*Number of Servings: 40 (325 g per serving)*

*Recipe courtesy of Pen Bay Medical Center*