

RECIPE | TOMATOES

# CHICKPEA PASTA WITH SPINACH, MUSHROOMS AND JUNO BITES



*Follow us*



[pure-flavor.com](http://pure-flavor.com)



# CHICKPEA PASTA WITH SPINACH, MUSHROOMS AND JUNO BITES

Recipe by Grace McGuire of Nourish With Whole Food

## INGREDIENTS

- |                                |   |
|--------------------------------|---|
| 1 tbsp Ghee                    | 2 Cups of Pure Flavor® Juno Bites                         |
| ¼ tsp Himalayan pink salt      | red grape tomatoes, cut in half                           |
| 1 tsp Italian seasoning        | 1 Box of chickpea shell pasta, or<br>pasta of your choice |
| Pinch of freshly ground pepper | Fresh basil, julienne                                     |
| 3 Small portabella mushrooms   | Chopped pumpkin seeds                                     |
| ½ Cup of fresh organic spinach |   |

## DIRECTIONS

1. In a medium low heat add the ghee to the skillet.
2. Once melted, add the Italian seasoning and the halved Juno Bites. Incorporate well.
3. Add the salt and pepper, cook for 7-10 minutes.
4. In the meantime cook the pasta as directed on the package.
5. Once the tomatoes have cooked down, add the mushrooms and spinach, cook until spinach has wilted.
6. Add the cooked pasta, making sure all of the ingredients are well incorporated.
7. Add the julienne basil and serve with a sprinkle of chopped pumpkin seeds.



**TOTAL TIME**

20 minutes

**PREP TIME**

5 minutes

**COOK TIME**

15 minutes

**SERVES**

4

**COOKING LEVEL**

Easy