

## CHICKPEA AND CHERRY TOMATO PENNE ALFREDO WITH KALE, LEMON, AND BASIL

L. To start, set a large pot of salted water to a boil. Once boiling, add the penne and cook for 8-10 minutes. Drain and set aside.

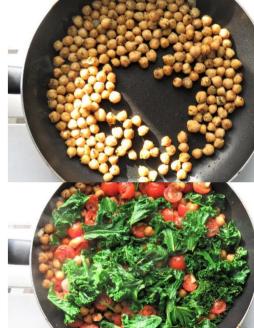
2. Meanwhile, cut the cherry tomatoes in half, pick the leaves off the kale stalks into small pieces, and roughly chop the basil. Peel and mince the garlic. Drain and rinse the chickpeas. 3. Next, heat 2 Tbsp. of oil in a medium pan over medium heat. Add the chickpeas, garlic powder, and jardinette seasoning and cook for 3-4 minutes. Add the tomatoes and kale and cook for 4-5 minutes. Add salt and pepper to taste. Add the garlic and cook for 1-2 minutes longer. Remove from the pan and put in a bowl.

**4.** Add the remaining 2 Tbsp. **oil** to the same pan. Add the **flour**, mix well, and cook for 1-2 minutes. Add the **oat milk** and whisk until everything becomes a smooth sauce. Reduce the heat to medium-low, add the **mozzarella** and stir until the cheese is melted.

5. Add salt and pepper to taste. Add a squeeze of lemon juice. Add the cooked pasta and vegetables to the pan with the sauce.

**6.** To serve, spoon the pasta into dishes and garnish with the **basil** and another squeeze of fresh **lemon juice**. Enjoy!





## Ingredients (4 Person Serving – 772 Calories Per Serving)

Olive Oil	4 Tbsp.
Penne	400 g
Plant-Based Mozzarella	200 g
Cherry Tomatoes	50
Kale	1 Bunch
Fresh Basil	16 g
Chickpeas	1 540 m
All-Purpose Flour	40 g

0 g 0 g Bunch g 540 ml Can g Oat Milk Lemon Garlic Garlic Powder Jardinette Seasoning Salt and Pepper 2 Cups 1 4 Cloves 2 tsp. 2 tsp. To taste

