

GF Penne with Bursted Cherry Tomato Sauce

7 ingredients · 30 minutes · 4 servings



Directions

1. Cook pasta according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
2. In a large sauce pan, heat olive oil over medium-high heat. Add tomatoes, garlic, salt and pepper. Stir occasionally and cook until all the tomatoes have bursted, about 15-20 minutes.
3. Toss pasta with the chopped basil and divide onto plates. Top each serving with the tomato sauce and nutritional yeast. Enjoy!

Notes

No Chickpea Pasta

Use any other high-fibre, high-protein pasta such as lentil or black bean pasta, brown rice, quinoa, or gluten free pasta

Want more protein?

Add in grilled chicken, fish, tofu or tempeh

No Cherry Tomatoes

Sub for a big can of diced tomatoes.

Ingredients

- 8 ozs** Chickpea Pasta (dry)
- 1/2 cup** Extra Virgin Olive Oil
- 6 cups** Cherry Tomatoes
- 4** Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 2 cups** Basil Leaves (chopped)
- 2 tbsps** Nutritional Yeast