

Pasta with Broccoli, Bacon and Chick Peas (Garbanzo Beans)

1 lb broccoli	1 15 oz can garbanzo beans, unsalted
8 oz uncooked pasta	1 / 2 tsp salt
6 slices bacon	1 / 4 tsp pepper
3 garlic cloves, thinly sliced	

1. Trim and coarsely chop broccoli.
2. Rinse and drain garbanzo beans.
3. Bring 4 quarts of water to a boil in a large pan.
4. Add pasta to the pan and cook according to package directions, omitting fat and salt.
5. For the last 2 minutes of the cooking time, add broccoli to pan and cook 2 minutes more. Drain into a colander reserving 3 / 4 cup of pasta water.
6. Meanwhile, cook bacon in a large skillet over medium heat until crisp. Remove bacon from pan, reserving 1 Tbl drippings, and drain on a paper towel. Crumble.
7. To pan with drippings, add garlic and garbanzo beans and sauté for 2 minutes until garlic is golden.
8. Stir in broccoli, salt and pepper and cook 3 minutes until broccoli is heated
9. Stir in pasta, bacon and pasta water and toss well.

Serves 4 – 1 3 / 4 cup servings

Adapted from *Cooking Light*, September 2010 edition

NOTES

1. Original recipe called for gemelli pasta but said penne works well.
2. Original recipe called for broccoli rabe.
3. Other vegetables can be added to the sauté to increase the vegetable amounts in the dish.