

Chickpea & Chorizo Fideos



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This quick, one-pot version of fideos, a toasted pasta recipe served in Spain, gets a smoky flavor from delicious chorizo. If you can't find Spanish chorizo, pepperoni works well in its place. Serve with a green salad drizzled with sherry vinaigrette.

Ingredients

3 tablespoons extra-virgin olive oil, divided
½ package whole-wheat angel hair pasta (7-8 ounces), broken into 2-inch pieces
2 large cloves garlic, minced
½ cup chopped Spanish chorizo or pepperoni (about 2 ounces)
1 14-ounce can petite diced tomatoes
1 ½ cups water
½ cup dry white wine
1 15-ounce can chickpeas, rinsed
3 scallions (1/2 bunch), sliced

Method

1. Heat 2 tablespoons oil in a Dutch oven over medium heat. Add pasta pieces and cook, stirring, until toasted and browned in spots, 2 to 3 minutes. Transfer to a bowl.
2. Add the remaining 1 tablespoon oil to the pan and heat over

medium heat. Add garlic and chorizo (or pepperoni) and cook, stirring, until fragrant, about 1 minute. Add tomatoes, water, wine and the toasted pasta; bring to a boil. Reduce heat to a simmer and cook, stirring occasionally, until the pasta is tender and most of the liquid is absorbed, about 8 minutes. Stir in chickpeas and scallions and cook 1 minute more.

Notes

12 WW PointsPlus

Prep

- Active: 25 Minutes

Source: EatingWell.com (4 servings)