

Pasta with Caramelized Brussels Sprouts & Crispy Chickpeas

Contains gluten, can be substituted.

Contains dairy, can be substituted.

Please check all labels carefully for your dietary restrictions.

- 5 T extra-virgin olive oil, divided
- 1 (15-ounce) can chickpeas, rinsed and patted dry
- 2 T unsalted butter or if dairy free, substitute 2 T olive oil
- 3-4 garlic cloves, thinly sliced
- 1-pound brussels sprouts, trimmed and sliced thin (about 5 tightly packed cups)
- 8 ounces dried tagliatelle pasta or gluten free rice noodles (Thai Kitchen Gluten Free Brown Rice Noodles work quite well)
- ½ cup freshly grated Parmesan (about 1 1/2 ounces), plus more for serving, or substitute ½ cup nutritional yeast if dairy free
- 2 tablespoons drained capers
- 2 tablespoons lemon juice
- ½ teaspoon red-pepper flakes
- ¼ cup chopped fresh chives

Bring a pot of salted water to a boil; preheat oven to 400 degrees Fahrenheit. Place chickpeas in bowl with 1 T olive oil and toss to coat. Season with ground pepper and a dusting of salt. Place on a greased or parchment-lined rimmed baking sheet and roast for 20-30 minutes until deep golden brown. Stir once or twice while roasting.

Add butter, garlic and 2 T oil to a Dutch oven or sauté pan large enough to accommodate brussels sprouts (and later pasta) and cook, stirring, until fragrant, about 1 minute. Note, if dairy free, simply use 4 T olive oil. Add brussels sprouts, season with salt and pepper, and cook, stirring occasionally, until tender and lightly caramelized, about 10 minutes.

Meanwhile, cook pasta according to package directions in boiling water until al dente. Drain, reserving 2 cups of the pasta water.

Add pasta, 1 cup reserved pasta water, about 3/4 of the toasted chickpeas and the remaining 2 T oil to the Dutch oven. Stir in Parmesan or nutritional yeast, capers, lemon juice, red-pepper flakes and half the chives until well incorporated and velvety, 1 to 2 minutes. Season with salt and pepper. Add more pasta water if a thinner sauce is desired. Divide pasta among bowls. Top with remaining chickpeas and chives. Serve with additional black pepper and Parmesan or nutritional yeast.