

# **Bow Ties with Chickpeas and Tomato Sauce**

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**Servings: 6**

**Preparation Time: 10 minutes**

**Cook time: 12 minutes**

*This recipe can be made kid-friendly by eliminating the red pepper flakes and sprinkling mozzarella cheese on top.*

**1 pound tricolor bow-tie (farfalle), pasta**  
**2 tablespoons olive oil**  
**4 cloves garlic, sliced**  
**1 can (28 ounces) crushed tomatoes**  
**1 can (15 oz) chickpeas, drained and rinsed**  
**3/4 teaspoon salt**  
**1/4 teaspoon red pepper flakes**  
**1/2 cup raisins**  
**1/8 teaspoon cinnamon**  
**2 tablespoons parsley, chopped**

Bring a large pot of lightly salted water to boiling. Cook the pasta for 12 minutes or as per package directions. Drain, reserving one cup of the pasta cooking water.

Meanwhile, in a large nonstick skillet over medium-high heat, heat the olive oil. Add the garlic and cook for 2 minutes or until browned.

Stir in the tomatoes, chickpeas, salt and red pepper flakes. Simmer for 10 minutes.

Add the raisins and cinnamon.

Toss the pasta with the sauce, adding the pasta water to thin the sauce, if necessary.

Garnish with parsley.

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Per Serving (excluding unknown items): 204 Calories; 7g Fat (27.9% calories from fat); 7g Protein; 31g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 290mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1 Fat.