

Pasta with Eggplant & Tomato

Ready in **35 min**

Serves **4 ppl**

512 calories per serving

Ingredients

- 2 large **Chicken Breasts** (4-4 oz servings) *
- 1 large **Eggplant**
- 1 crown of **Broccoli**
- 8 oz **Chickpea Pasta** (1 box)
- 1 can **Diced Chipotle Tomatoes**
- 4 cloves of **Garlic**
- 1 TBSP **Olive Oil**
- **Salt & Pepper** to taste

Preparation

1. Preheat oven to 425°F. Bring a large pot of salted water to a boil.
2. Pat 16 oz (~2 Breasts) of Chicken down and sprinkle with salt and pepper. Add to sheet tray lined with parchment paper. Chop 1 crown of Broccoli into desired size and add to the sheet pan with the chicken. Spray with ~1 TBSP Spray Olive Oil. Bake for 20-30 minutes at 425°F.
3. Stab your eggplant several times with a fork and place in a microwave safe bowl. Microwave on high for 10 minutes, flipping about halfway through. Chop the eggplant into 1 inch cubes and add into a pot with 1 TBSP of olive oil and add 4 chopped cloves of garlic (for a more garlic forward flavor, brown the garlic in

your olive oil before adding the eggplant). Once golden brown, add your can of diced tomatoes. Simmer for 15-20 minutes on low heat (You can add chopped basil here).

4. Add 1 box of chickpea pasta to your boiling water and cook 1 minute less than package instructions. Once pasta is finished, drain, and add to your eggplant and tomato sauce.
5. Season with salt and pepper to taste. Split into 4 equal servings and top with ¼ of your roasted broccoli and 4 oz of chicken breast (about half of one breast). Enjoy!

Tips

- *Want a fancier version of this meal? Swap out your chicken breast for Salmon and sprinkle some chopped Basil over the top!
- Terminology: Garnish is just a fancy word for something sprinkled over the top at the end of preparation to make things look fancier.

Budget

\$9.84 Total

\$2.46 Total per Serving

All items are SNAP eligible

Nutrition

2 Lean Protein

1 Whole Grain

2 Vegetables

1 Fruit

0 Dairy

Storage

Meal will last in Fridge

3-4 days

Leanne Brown's Cookbook

Good & Cheap

Can be found

Free online

[Here](#)



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Pasta with Eggplant and Tomato		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	512.1	
% Daily Value*		
Total Fat	14.9 g	19 %
Saturated Fat	2.2 g	11 %
Trans Fat	0.1 g	
Cholesterol	75.3 mg	6 %
Sodium	402.8 mg	18 %
Total Carbohydrate	56.8 g	21 %
Dietary Fiber	15 g	54 %
Total Sugars	14.3 g	
Added Sugars	0 g	0 %
Protein	45.1 g	
Vitamin D	0.1 mcg	1 %
Calcium	119.7 mg	9 %
Iron	7.7 mg	43 %
Potassium	631.3 mg	13 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at cronometer.com </>