



## Creamy Veggie Pasta Sauce with Chickpea Pasta

Yield: 4-6 servings

Prep Time: 10 minutes

Total Time: 45 minutes

My 8-year-old son loves vodka sauce but when he was diagnosed with a dairy allergy, I had to find a new way for him to still enjoy the creamy sauce. After lots of tries, I found that pureeing roasted eggplant gives a tomato sauce an excellent creamy feel, while keeping cream out of it. Plus, this recipe is loaded with veggies, so far more nutritious than your traditional vodka sauce.

### Ingredients:

- 2 pints grape tomatoes
- 1 eggplant, sliced in half moons
- 12 baby carrots
- 1 sweet yellow onion, sliced in thick pieces
- 6 tablespoons olive oil, divided
- 1½ teaspoons salt + a pinch
- 6 cloves garlic
- 1 teaspoon Italian seasoning
- ½ teaspoon paprika
- ½ cup chicken stock
- 1 bunch basil
- 1 (12 ounce) package gluten-free chickpea pasta, cooked according to package instructions

### Instructions:

1. Preheat oven to 450 degrees F. Line a baking sheet with parchment paper and spread the tomatoes, eggplant, carrots, and onion slices evenly across the pan. Drizzle 3 tablespoons of olive oil over the vegetables and rub to fully coat. Sprinkle 1½ teaspoons salt across the tops of the vegetables.
2. Place the garlic cloves in a small piece of foil. Drizzle 1 teaspoon olive oil and a pinch of salt over the garlic. Wrap the foil up and place on the baking sheet alongside the vegetables. Roast for 18 to 22 minutes until the vegetables are soft and golden.
3. Transfer the vegetables to a food processor. Drizzle remaining olive oil, italian seasoning, and paprika over the vegetables and puree until a smooth sauce forms.
4. Slowly add in the chicken stock to thin out the sauce to desired consistency.
5. Serve over cooked chickpea pasta.

Creamy Veggie Pasta Sauce with Lentil Pasta		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	385.2	
	% Daily Value*	
Total Fat	21.3 g	27 %
Saturated Fat	3 g	15 %
Trans Fat	0 g	
Cholesterol	0.9 mg	0 %
Sodium	977 mg	42 %
Total Carbohydrate	39 g	14 %
Dietary Fiber	10.9 g	39 %
Total Sugars	15.3 g	
Added Sugars	0 g	0 %
Protein	12.5 g	
Vitamin D	0 mcg	0 %
Calcium	63.9 mg	5 %
Iron	3.3 mg	19 %
Potassium	1113.4 mg	24 %
* 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 <a href="http://cronometer.com">cronometer.com</a>		