



Fusilli with Mediterranean Vegetables

Ingredients

- 2 cans no salt added garbanzo beans, rinsed and drained
- 1 red onion, diced large
- 4-5 cloves garlic, minced
- 3 large zucchini, ends trimmed
- 1 eggplant, ends trimmed
- 1 pint cherry/grape tomatoes, halved
- 1 small bunch flat leaf Italian parsley, roughly chopped
- ½ lb fusilli pasta
- ½ cup extra virgin olive oil, divided
- Salt, pepper, and red pepper flakes to taste

Directions

- Slice the eggplant into long pieces about ½ in thick. Lay on a cutting board or towel and generously salt. Once the liquid from the eggplant has been rendered, wipe with a towel set aside
- Cut the zucchini in half to make them easier to work with. Slice the halves into slices about ¼ in thick. Place into a bowl and generously add salt and pepper. Toss with about 1 tbsp olive oil
- Fire up your grill. Grill the zucchini first until brown marks have appeared and the zucchini are soft. Grill the eggplant until soft next, sprinkling with pepper while it is grilling.
- Once cooled, cut the vegetables into fork sized pieces and set aside
- Meanwhile, bring a pot of salted water to a boil. Cook the fusilli for about 10 minutes, until al dente (partially cooked). Reserve 1-cup pasta water before draining. Place fusilli back into pot after draining
- Bring a sauté pan to medium high heat. Add 1/3 cup olive oil to the pan and bring to a shimmer. Once hot, add the onion and salt to season
- When the onions are softened but not browned, add the garlic and stir. Cook just until the garlic is fragrant, about 30 seconds
- Add the garbanzo beans with some salt and pepper. Stir the onion, garlic, and beans together, then flatten into the pan so the browning can begin
- Meanwhile, pour 1 tbsp. olive oil into a small sauté pan and bring to a shimmer. Add the tomatoes and cook until just softened; add to the pot with the pasta
- Stir the garbanzo beans and allow browning more on another side. Once browned, add to the pot with the pasta
- Add the reserved vegetables and red pepper flakes, along with some pasta water as needed to make the pasta dish smooth. Taste for salt and pepper, then add the parsley and serve