

Creamy Hummus Pasta

Ingredients

2 chicken breasts, cut into chunks
1 medium onion, diced
2 tbsp of olive oil
2 garlic cloves, diced
1 cup of spinach
1 cup of hummus (you can use our recipe or store bought)
1 pound of whole wheat pasta
1 lemon, juiced
season to taste (we used paprika, garlic salt, and red pepper)
chicken seasoning (ginger, garlic salt, poppy seed)

Homemade Hummus:

1 16 oz can of chickpeas
2 garlic cloves
1/4 cup of tahini
1 lemon, juiced
2 tbsp of olive oil
Paprika
S + P



Instructions

Homemade Hummus: Place ingredients into a food processor or blender. Puree until smooth you can add water or more olive oil if hummus is chunky. Once is it smooth, place to the side.

In a skillet, pour in a small amount of olive oil, add your chicken, and season. Keep chicken on medium/high heat until cooked thoroughly. Turn down to low heat to keep warm. Bring a large pot of salted water to a boil and add pasta. Cook for about 7 minutes or until soft. Drain the pasta, but keep one cup of the pasta water. In a large skillet, add olive oil, garlic, and onions. Cook until onions brown then add spinach. Once the spinach has cooked down, add the hummus and pasta water. Stir until smooth and add your pasta. Lastly add your chicken to the skillet and enjoy!