

Chickpea Pasta with Tofu & Veggies

The Vegan Gym · Lunch · Dinner · GF

490 cal · 38g protein · 55g carbs · 14g fat · 4 servings

Ingredients

- 12 oz chickpea pasta dry (like Banza)
- 4 cups pasta sauce
- 2 blocks extra firm tofu crumbled
- 8 cups raw spinach
- 2 cups shelled edamame
- 16 cups raw kale chopped
- 4 tsp sunflower seeds
- ¼ cup nutritional yeast
- 4 tsp dulse flakes

Instructions

1. Cook chickpea pasta according to package directions. Drain and set aside.
2. Crumble both blocks of tofu into a large skillet. Cook over medium heat for 5-7 minutes until lightly golden.
3. In a separate large pot, wilt the chopped kale with a splash of water, stirring frequently, about 3-4 minutes.
4. Add raw spinach to the kale and stir until wilted, about 2 minutes.
5. Add the cooked pasta, crumbled tofu, pasta sauce, and edamame to the pot with greens.
6. Stir everything together and cook for 3-4 minutes until heated through.
7. Sprinkle with nutritional yeast, sunflower seeds, and dulse flakes.
8. Divide into containers for meal prep. Keeps well in the fridge for 4-5 days.

Generated by Meal Planner · Per serving macros