

CARB FRIENDLY FETTUCINI WITH FIBROUS VEGIES

Ingredients:

- *4 cups whole wheat fettuccini(cooked & drained)
- *1 onion(chopped)
- *2tsp garlic(chopped)
- *1 large eggplant(chopped)
- *2 large zuchinni(halved & sliced thickly)
- *14oz can chopped tomatoes(rinsed & drained)
- *1 1/2 cup low sodium vegie stock
- *15oz can chickpeas(rinsed & drained)
- *2tbs capers
- *black pepper to taste

Directions:

Heat oil in a large saucepan, add onion & cook for 1min.

Add garlic & cook for further min.

Add eggplant, zuchinni, tomatoes, stock & chickpeas.

Bring to boil & let simmer, partially covered for 10mins.

Remove lid & let cook for a further 8mins until sauce thickens & vegies are tender.

Add capers towards end of cooking.

Season with cooked pasta & season with black pepper.

(serves 4)

Calories:475

Fat: 14g

Carbs: 46g

Protein: 41g

Sugars: 3g

Iron: 3mg