**Chickpea Bolognese**

This quick-and-easy plant-based dish has deep flavourful sauce that is hearty and packed with protein and fiber from the chickpeas. Using canned chickpeas helps cut down the time in the kitchen. Chopping the chickpeas make them easier to eat with noodles.

- 1 tablespoon olive oil
- 1 medium white onion, chopped
- 3 garlic cloves, minced
- 1/2 cup shredded carrots
- 1 (14.5 ounce) can diced tomatoes, no added salt
- 3 teaspoons dried parsley
- 1 teaspoon red pepper flakes
- 1 cup canned chickpeas, no salt added, drained and chopped
- 4 tablespoons grated Parmesan cheese

1. In a separate pot over medium heat, heat the olive oil. Add the onion, garlic and carrots. Cook until the vegetables are tender, about 5 minutes.
2. Add the tomatoes, parsley and red pepper flakes to the pot. Stir and let simmer for 5 minutes.
3. Add the chickpeas to the sauce and simmer for 10 minutes.
4. Serve the pasta sauce over the noodle garnished with the Parmesan cheese.

**PREP TIME:** 10 minutes  **COOK TIME:** 20 minutes  **SERVES 4**

*Recipe from the new The Complete Renal Diet Cookbook by Emily Campbell, published by Callisto Media 2021*

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**Homemade Pasta (Without a Pasta Maker)**

Making pasta by hand, you use a rolling pin to mimic the action of a pasta maker: roll out a small piece of dough until it's paper thin, then use a knife to cut it into individual noodles. It may take a little more muscle and patience, but you can get the pasta as thin as you would using a machine.

- 1 1/2 cup (175g) flour
- 2 large eggs
- 1 egg yolk
- 1/2 teaspoon olive oil
- 1/4 teaspoon salt

1. **Mix the dough.** Heap the flour into a pile on the countertop. Create a large well or crater in the center, big enough to hold the eggs and olive oil like a bowl. Place the eggs, yolk, olive oil and salt into the well. Use a fork to whisk together the eggs and oil.
2. **Knead the dough.** When the dough looks relatively cohesive, but still a bit scraggly, form it into a ball, and knead for 5 minutes against the counter. Wrap the dough with plastic wrap and let it rest on your counter to rest for 30 minutes.
3. **Roll out the pasta.** When the dough has finished resting, shape it into a fat log and cut it into 4 portions. Flour your counter well, and use your rolling pin to roll out the dough into a long strip. Loosely fold the pasta strip like an accordion. Be sure to dust the strip of dough with more flour.
4. **Cut the stack into strips.** Use a very sharp knife to cut the stack across the folds into thin strips.
5. **Dry the noodles.** Unroll the bundle of noodles and lay them across a flat surface to dry for about 15 minutes.
6. Continue rolling out and cutting the rest of the pasta.
7. To cook noodles place in boiling water for 4-5 minutes until al dente.

*Recipe adapted from Simply Recipes by Summer Miller, www.simplyrecipes.com/recipes/how_to_make_homemade_pasta_without_a_pasta_maker/*