

Pasta Pancake

Ingredients

8 ounces whole wheat angel hair or spaghetti, uncooked
1 1/2 cups tomato sauce
3 eggs or soy egg substitute
1/3 cup low-fat milk or rice milk
3 tablespoons Parmesan cheese or soy equivalent
1 (15-ounce) can chickpeas, drained
3/4 cup frozen peas, thawed and drained
Freshly ground black pepper
4 teaspoons vegetable oil, divided

Method

Prepare pasta according to package directions or use leftover prepared pasta. Drain. Preheat oven to 300 degrees. Place tomato sauce in small saucepan and warm over low heat. Beat eggs, milk and Parmesan cheese in a large mixing bowl. Add prepared pasta, chickpeas, peas and pepper and toss until blended. Pour 1 teaspoon oil into a 6-inch, non-stick skillet and place over medium heat. Toss pasta mixture again and measure out one-fourth of the mixture, about 1 cup, into the skillet. Flatten into an even layer. Cook about 1 minute, then slide spatula around to be sure pancake doesn't stick. Continue cooking for about 3 minutes until the underside is brown, shaking the pan once or twice to prevent sticking. Carefully flip pancake and cook about 3 more minutes. Slide pancake onto a baking sheet and keep warm in the oven while preparing remaining pancakes. When all 4 pancakes are done, top with tomato sauce and serve. Yields 4 servings.

Note

Calories: 433, total fat: 12g, dietary fiber: 10g, protein: 20g, zinc: 20 percent