

# 15-Minute Vegan Zucchini Chickpeas Summer Pasta (High Protein, Flavor-Packed)

Prep: 10 minutes • Cook: 30 minutes

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*Bright, zesty, and packed with protein, this vegan summer pasta pairs garden-fresh zucchini and basil with chickpeas, lemon, and a savory miso-bouillon umami finish—fast enough for weeknights, vibrant enough for al fresco dining.*

## Ingredients

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- 12 oz (340 g) pasta (penne, fusilli, or rotini work best)
- 2 medium zucchini (sliced into half-moons)
- 1 can (15 oz / 425 g) chickpeas (drained and rinsed)
- 1 cup cherry tomatoes (halved)
- 2 cups spinach (loosely packed)
- 1 handful basil leaves (torn)
- 1 medium lemon (juiced; zest for garnish)
- 2 tablespoons olive oil
- 1 tablespoon white miso paste
- 1 teaspoon Better Than Bouillon vegetable base (vegan)
- 2 tablespoons vegan cheese (shredded (optional))
- 2 slices crusty bread (cubed, for croutons)
- 1 teaspoon garlic powder
- 2 garlic cloves (fresh, minced)
- to taste salt
- to taste black pepper
- 1/2 cup reserved pasta water (for adjusting sauce consistency)

## Instructions

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1. Sauté the aromatics: Heat olive oil in a skillet. Add garlic powder (or minced fresh garlic) and let it bloom until fragrant.
2. Cook the zucchini and tomatoes: Add sliced zucchini and halved cherry tomatoes. Sauté until the zucchini softens and the tomatoes release their juices.
3. Add chickpeas and flavor base: Stir in chickpeas, white miso paste, and Better Than Bouillon vegetable base. Add a splash of reserved pasta water to create a silky sauce.
4. Incorporate spinach and lemon: Add spinach and let it wilt. Squeeze in lemon juice for brightness.
5. Toss with pasta: Add cooked pasta directly into the skillet (or use a one-pan method if desired) and toss until well

coated. Adjust seasoning with salt, pepper, or extra lemon.

6. Make garlic croutons: While pasta cooks, cube bread and toss with olive oil and garlic powder (or minced garlic). Toast in the oven or skillet until golden and crispy.

7. Serve and garnish: Plate the pasta, sprinkle with vegan cheese, top with croutons, and finish with fresh torn basil and lemon zest.

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**Tags: Vegan, Pasta, High Protein, Summer, Zucchini, Chickpeas**

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