



Edamame & Penne Salad with Feta

Yield: 5 servings

Cost Per Serving: \$1.70

Cook Time: 30 minutes

Ingredients:

- 4oz whole grain pasta (dried)
- 2 cups edamame (drain, rinsed, shelled)
- 8 oz canned black beans (no salt added, drained & rinsed)
- ½ green onion (chopped)
- 2 parsley stems (snipped)
- 1 Tbsp grated lemon zest
- 2 Tbsp lemon juice
- 1 Tbsp extra virgin olive oil
- 3oz low-fat feta cheese (crumbled)
- 1 garlic clove (minced)
- 1 tsp dried rosemary or 2 tsp fresh rosemary
- ¼ tsp salt

Directions:

1. Prepare the pasta using the package directions, omitting the salt and oil.
2. Drain in a colander and run pasta under cold water for about 20 seconds to stop the cooking process.
3. Drain well in a colander.
4. Meanwhile, in a medium bowl, stir together the remaining ingredients except the feta.
5. Using a rubber scraper, fold the pasta and feta into the mixture.

Recipe adapted from: American Heart Association

*Based on Walmart prices 05/22