

# Edamame and Penne Salad with Feta

Calories: 320 per serving

Protein: 21 g per serving

Fiber: 9 g per serving

Ingredients:	Cost per ingredients:	Cost per recipe:	Cost per serving:
4oz - multigrain penne pasta, dried	\$1.94 / 14.5oz box	\$0.54	\$0.27
2 cups - edamame drained, rinsed, shelled	\$2.36 / 1 - 10oz bags	\$2.24	\$0.56
½ of a 15oz can - black beans, no salt added, drained, rinsed	\$1.28 / 15oz can	\$0.64	\$0.16
½ - green onion	\$0.88 / lb	\$0.15	\$0.04
2 - parsley (snipped)	\$0.98 / Bunch	\$0.08	\$0.02
1 TBSP - grated lemon zest	\$0.66 / lemon	\$0.66	\$0.17
2 TSBP - fresh lemon juice	\$0.66 / lemon	\$0.66	\$0.17
1 TBSP - extra virgin olive oil	\$3.94 / 17oz bottle	\$0.11	\$0.028
3oz - low-fat feta cheese, crumbled	\$2.74 / 5oz container	\$1.64	\$0.41
1 - clove minced fresh garlic	\$1.80 / 3 bulbs	\$0.08	\$0.02
½ TSP - dried rosemary OR 1 ½ - 2 TSP fresh rosemary	\$3.12 / 1.4oz container	\$0.07	\$0.016
Salt & Pepper (to taste)			
<b>TOTAL:</b>	\$19.70	\$6.21	Approx. \$1.70

\*Prices based on Walmart.com

## 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.