

# Edamame and Penne Salad with Feta

## Ingredients:

- 4 oz dried, multigrain penne pasta
- 2 cup frozen, drained, rinsed edamame (green soybeans) shelled
- ½ of a 15 oz can, no salt added, drained, rinsed black beans
- ½ chopped green onion
- 2 fresh parsley (snipped)
- 1 Tbsp grated lemon zest
- 2 Tbsp fresh lemon juice
- 1 Tbsp extra virgin olive oil
- Clove minced fresh garlic
- 1 ½ -2 tsp finely chopped, fresh rosemary (or ½ TSP dried rosemary, crushed)
- ¼ tsp salt
- 3 oz low-fat, crumbled feta cheese

## 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.

## Quick Tip:

- If you make this salad to enjoy the next day or have leftovers, squeeze lemon wedges over it just before serving to “brighten” the flavors.

## Nutrition Facts:

- Calories: 320 per serving
- Protein: 21 g per serving
- Fiber: 9 g per serving