



Pasta with Edamame and Peppers

Looking for ways to add edamame to your diet? Add them to this pasta dish with peppers.

Grow edamame (vegetable soybeans) as you would other bush beans: Plant in full sun, after the soil has warmed, in successive sowings. Early varieties mature in about 65 days. For maximum flavor and nutrition, harvest beans when pods are 80 percent filled out and eat soon after picking. Pods also freeze well; blanch, chill and pack in plastic freezer bags.

Ingredients

8 ounces whole-wheat or multi-grain penne pasta 1 cup red, orange and/or yellow bell pepper, chopped 8 ounces button or baby bella mushrooms, sliced 1 T. soy sauce 1 cup shelled edamame, from fresh or frozen pods (approximately 10 ounces of pods) 1 clove garlic, finely minced 2 T. fresh parsley, chopped 3 T. olive oil 1 oz. goat cheese crumbles 1/2 tsp. salt and pepper to taste

Preparation

In a non-stick skillet, use nonfat cooking spray and the soy sauce to sauté peppers and mushrooms until peppers are tender. Set aside.

Cook edamame: place pods in shallow, microwave-safe bowl, add water just to cover and cook on high, uncovered, for 5 minutes if frozen, or 3 minutes if fresh. Let sit in hot water for an additional 5 minutes. Drain and shell. Set aside.

Cook pasta according to package directions. Drain and return to saucepan. Stir in peppers, mushrooms, edamame, garlic and parsley. Drizzle olive oil over mixture, add goat cheese crumbles and stir.

Makes approximately six, 1-cup servings.