

Edamame Pasta Salad

Bring a large pot of water to a boil. Using a metal strainer, blanch:

1 bag Seapoint Farms edamame (14 oz.)

Strain and set aside.

Return the water to a boil and add

12-16 oz. colorful pasta such as confetti

Boil until al dente, rinse under cold water and drain.

Mix together the following:

½ c. chopped parsley

2 cloves garlic, minced

2 T grated fresh ginger

½ t. salt

½ t. ground pepper

¾ c. Annie's balsamic vinaigrette salad dressing

Toss everything together and serve!

(over)

TIP: You may add any number of other seasonal veggies. Some, such as carrots, should be diced and blanched along with the edamame to soften them. We recommend red bell pepper, asparagus, green onions and/or summer squash.

What's edamame? It's a immature soybean that's packed with nutrition, especially protein. Great in this pasta salad and also an excellent green salad topper.



Recipe from Prairie Harvest Market and Deli

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