

EDAMAME & CAULIFLOWER PASTA SALAD WITH FETA

INGREDIENTS

- 1 lb Orecchiette (pasta shells)
- 16 oz Edamame (frozen)
- 1 Cauliflower (medium head)
- 1/3 C Olive oil
- 1 T Tamari sauce (low salt)
- 1 T Maple syrup
- 2 Lemons (juiced) (about 1/4 cup)
- 1 C Mint (sprigs) (loosely packed)
- 2 bunches Green onions (scallions) (green parts only)
- 8 oz Feta cheese (drained of excess liquid)
- Sea salt & black pepper



DIRECTIONS

- 1 Bring a 4-quart pot of salted water to a boil
- 2 Add the pasta and cook (11 minutes) **OR** until al dente
- 3 Drain & place the pasta in a large mixing bowl
- 4 Add the frozen edamame & toss to combine & then Set aside
- 5 Refill the pot & add salt to the water & place on high heat
- 6 Chop the cauliflower into bite-sized florets, discarding the leaves & tough stem
- 7 When the water boils, add the cauliflower & cook until just tender (5-7 minutes)
- 8 Drain into a colander and let cool
- 9 Whisk the olive oil, tamari sauce, maple syrup & lemon juice together in a glass measuring cup
- 10 Pour over the pasta & edamame and toss
- 11 Tear the mint leaves from their stems & roughly chop the leaves
- 12 Chop the green stems of the green onions into 1/2-inch pieces
- 13 Finely chop the drained feta cheese
- 14 Toss the mint, green onion, feta & drained cauliflower with the pasta & the dressing
- 15 Add salt & pepper (to taste) (salt depends on how much you had in the water)
- 16 Serve warm, lukewarm, or cold

NOTES

- 1 Serves 8 - 10
- 2 This will keep very well in the refrigerator for a week or more

