Mushroom, Edamame and Salmon Penne

Recipe courtesy of the Mushroom Council and mushroominfo.com
This recipe is approved by Bob Green's Best Life

Preparation Time: 10 minutes
Cooking Time: 10 minutes
Serves: 6

4	cups uncooked Barilla Plus penne
2 1/2	tablespoons olive oil, divided
1	pound mushrooms, sliced
1	large onion, diced
1	16-ounce bag frozen shelled edamame (fresh soybeans)
4	sundried tomatoes
1/4	cup all-purpose flour
3/4	teaspoon salt
3/4	cup white wine
1 1/4	cups vegetable broth
1	pound skinless salmon fillets, pan-seared and cut into 6 strips

Bring a large saucepan of water to boil and prepare pasta according to package directions.

Heat one and 1/2 tablespoons olive oil in large non-stick skillet over medium-high heat. Add a single layer of mushrooms and onions and cook, without stirring, for about five minutes or until mushrooms become red-brown on one side. Turn ingredients and cook about five minutes more, until other side is same color. Add edamame and stir. Add tomato and sprinkle with flour and salt; stir for three to four minutes to slightly cook the flour. Pour in wine and broth, and then stir to integrate flour into the liquid. Cook until sauce thickens, about five to 10 minutes.

In a separate skilled, cook salmon in remaining olive oil, for about three minutes on each side.

Add cooked pasta to other ingredients and gently stir to combine. Cook until thoroughly warm and top with salmon strips to serve.

Nutrition Facts

Serving Size (383g)
Servings Per Container

Amount Per Serving

Calories 570 Calories from Fat 160

	% Daily Value*
Total Fat 17g	**27%**
Saturated Fat 2g	**9%**
Cholesterol 55mg	**18%**
Sodium 620mg	**26%**
Total Carbohydrate 58g	**19%**
Dietary Fiber 9g	**35%**
Sugars 7g	
Protein 40g	

Vitamin A 10% • Vitamin C 15%
Calcium 8% • Iron 35%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Each serving provides: 570 calories, 17g fat (27% Daily Value), 2g saturated fat (9% Daily Value), 55mg cholesterol (18% Daily Value), 620mg sodium (26% Daily Value), 9g dietary fiber (35% Daily Value), 40g protein, 55% Daily Value for vitamin D, 35% Daily Value for iron, 15% Daily Value for vitamin C, 10% Daily Value for vitamin A, 8% Daily Value for calcium