



CREAMY SHELLS AND CHEESE WITH EDAMAME

Serves 4

INGREDIENTS

2 large eggs
3/4 cup whole milk
1 teaspoon dry mustard
1/4 teaspoon paprika
1 tablespoon plus 1/2 teaspoon salt
1/4 teaspoon freshly ground pepper
12 ounces cheddar cheese or Monterey Jack cheese, shredded (about 3 cups)
1/2 pound whole wheat shell pasta
1 (8-ounce) package frozen shelled Edazen™ Edamame
4 tablespoons unsalted butter

INSTRUCTIONS

1. Bring 2-quarts of water to a boil in a large pot over high heat. In a small bowl, whisk together eggs, milk, mustard, paprika, 1/2 teaspoon salt, and pepper, and set aside.
2. Add pasta and 1 tablespoon of salt to boiling water and cook until pasta is al dente, 5 to 7 minutes. Add frozen edamame and cook for an additional 1 to 2 minutes until edamame is almost tender. Drain and return the pasta mixture to the pot, and return the pot to the stove, decreasing the heat to medium-low.
3. Add butter and stir until melted, about 1 minute. Add egg mixture, stirring constantly to prevent the egg from scrambling, about 1 minute. Add half the cheese and stir until fully melted, then add remaining cheese and stir constantly until sauce thickens, 5 to 7 minutes. Serve immediately.