

Zucchini Bread Recipes

Healthy Street Corn Pasta Salad

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**Mexican** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups fresh corn kernels (about 3 ears)
- [ ] 8 oz whole-grain pasta (rotini or farfalle)
- [ ] 1 red bell pepper, diced
- [ ] 1/2 cup cherry tomatoes, halved
- [ ] 1/4 cup red onion, finely chopped
- [ ] 1/4 cup fresh cilantro, roughly chopped
- [ ] 1/3 cup feta cheese, crumbled

For the Lime-Chipotle Dressing

- [ ] 3 tbsp olive oil
- [ ] 2 tbsp lime juice
- [ ] 1 tsp chipotle in adobo, minced
- [ ] 1 tsp honey
- [ ] 1/2 tsp smoked paprika
- [ ] Salt and pepper to taste

Instructions

1. Cook the pasta in salted water until al dente, about 8–10 minutes; drain and rinse under cold water to stop the cooking.



2. While the pasta cooks, whisk together olive oil, lime juice, minced chipotle, honey, smoked paprika, salt, and pepper in a small bowl.



3. In a large mixing bowl, combine the cooked pasta, fresh corn kernels, diced red bell pepper, cherry tomatoes, and red onion.



4 Pour the dressing over the salad, toss gently to coat everything evenly, then fold in cilantro and feta cheese.



5 Season to taste with extra salt or lime if needed, then let the salad rest for 10 minutes before serving.



Nutrition per serving

320 kcal	9 g	38 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If using frozen corn, thaw and pat dry to avoid excess water.
- For extra crunch, toast the corn kernels briefly in a dry skillet.
- Adjust the heat level by varying the amount of chipotle.