

Plate Dream

Creamy Pasta Salad Recipe

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

Ingredients

Main Ingredients

- [ ] 12 oz short rotini or shells pasta
- [ ] 1 cup diced red bell pepper
- [ ] 1 cup diced cucumber
- [ ] 1/2 cup shredded carrots
- [ ] 1/4 cup thinly sliced red onion

Creamy Dressing

- [ ] 1/2 cup mayonnaise
- [ ] 1/4 cup Greek yogurt
- [ ] 2 tbsp lemon juice
- [ ] 1 tsp honey
- [ ] 1 tbsp chopped fresh dill
- [ ] Salt and pepper to taste

Instructions

1. Cook the pasta in salted water until al dente, then drain and rinse under cold water to stop cooking.
2. In a large bowl, whisk together mayonnaise, Greek yogurt, lemon juice, honey, dill, salt, and pepper until smooth.
3. Add the cooled pasta to the dressing, tossing gently so each piece is coated.
4. Fold in the diced bell pepper, cucumber, carrots, and red onion, distributing the vegetables evenly.
5. Cover and refrigerate for at least 30 minutes; this allows the flavors to meld.
6. Before serving, give the salad a quick toss, taste for seasoning, and garnish with extra dill if desired.

Nutrition per serving

420 kcal	9 g	38 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a lighter version, swap half the mayo for low-fat Greek yogurt.
- For extra zing, add a dash of cucumber salad mix-in.
- A pinch of smoked paprika adds a subtle warmth without overpowering the cream.