

Plate Dream

Healthy Street Corn Pasta Salad

20 min Prep time	**12 min** Cook time	**32 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz whole-wheat rotini pasta
- [ ] 1 ½ cups fresh corn kernels
- [ ] 1 cup black beans, rinsed and drained
- [ ] 1 red bell pepper, diced
- [ ] ½ cup red onion, finely chopped
- [ ] ¼ cup fresh cilantro, chopped

Dressing

- [ ] ¼ cup olive oil
- [ ] 3 tbsp lime juice
- [ ] 1 tbsp honey
- [ ] 1 tsp chili powder
- [ ] ½ tsp smoked paprika
- [ ] Salt and pepper to taste

Instructions

1. Bring a large pot of salted water to a boil, add the rotini, and cook until al dente, about 9 minutes.
2. Drain the pasta, rinse under cold water to stop cooking, and set aside in a large bowl.
3. While the pasta cooks, whisk together olive oil, lime juice, honey, chili powder, smoked paprika, salt, and pepper until smooth.
4. Add the corn, black beans, bell pepper, red onion, and cilantro to the bowl of pasta; pour the dressing over and toss gently to coat.
5. Taste and adjust seasoning with extra lime or salt if needed; let the salad rest for 10 minutes before serving.
6. Serve chilled or at room temperature, optionally garnished with a sprinkle of cotija-style cheese.

Nutrition per serving

380 kcal	14 g	52 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a creamier texture, swirl in a tablespoon of Greek yogurt just before serving.
- For a vegan version, substitute honey with agave nectar.
- A quick toast of the corn kernels in a dry skillet adds a lovely smoky note.