

Helergon Kitchen

Healthy Street Corn Pasta Salad

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

Ingredients

Main Ingredients

- [ ] 12 oz whole-wheat rotini pasta
- [ ] 1 cup sweet corn kernels (fresh or frozen)
- [ ] 1 red bell pepper, diced
- [ ] 1/2 cup cherry tomatoes, halved
- [ ] 1/4 cup red onion, finely chopped
- [ ] 1/4 cup fresh cilantro, torn

For the Vinaigrette

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

Instructions

1. Bring a large pot of salted water to boil, add the rotini and cook until al dente, about 9 minutes; drain and rinse under cold water.
2. While the pasta cooks, heat a skillet over medium heat, add a drizzle of olive oil, then toss the corn kernels. Cook for 3-4 minutes until they develop a light golden edge.
3. In a small bowl whisk together olive oil, lime juice, honey, smoked paprika, salt, and pepper. If you enjoy corn dip flavors, feel free to add a pinch of chili powder.
4. In a large mixing bowl combine the cooked pasta, sautéed corn, diced red bell pepper, cherry tomatoes, and red onion. Pour the vinaigrette over and toss gently.
5. Finish with torn cilantro and a final squeeze of lime. Serve immediately or refrigerate; if you love a creamy pasta vibe, stir in a tablespoon of Greek yogurt.

Nutrition per serving

420 kcal	12 g	55 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- Taste the salad after mixing and adjust salt or lime to suit your palate.
- For a heartier version, add sliced grilled chicken or canned black beans.
- If you prefer a spicier bite, sprinkle a little extra smoked paprika or a dash of hot sauce.