

Choco Fever Dream

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

- [ ] 12 oz whole wheat rotini pasta
- [ ] 1 cup fresh corn kernels (about 2 ears)
- [ ] 1 red bell pepper, diced
- [ ] 1/2 cup red onion, finely chopped
- [ ] 1 cup cherry tomatoes, halved
- [ ] 2 tbsp chopped fresh cilantro
- [ ] 150 g grilled chicken breast, sliced (optional)
- [ ] 3 tbsp olive oil
- [ ] 2 tbsp apple cider vinegar
- [ ] Juice of 1 lime
- [ ] 1 tsp honey
- [ ] Salt and freshly ground black 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. While pasta cooks, heat a skillet over medium-high heat, add a splash of oil, and sauté the corn for 3–4 minutes until lightly golden; set aside to cool.
3. In a large bowl, whisk together olive oil, apple cider vinegar, lime juice, honey, salt, and pepper; this is your bright dressing.
4. Add the cooled pasta, corn, bell pepper, red onion, cherry tomatoes, cilantro, and chicken (if using) to the bowl; toss gently to coat everything evenly.
5. Taste and adjust seasoning, then let the salad rest for 10 minutes before serving. pasta salad

Nutrition per serving

420 kcal	22 g	55 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If using frozen corn, pat it dry thoroughly to avoid a soggy salad.
- For extra zing, add a pinch of smoked paprika to the dressing.
- This salad is great for meal prep; just keep the dressing separate until ready to eat.