

Street Corn Pasta Salad

Serves 6

Salad Ingredients:

- 12 oz cooked pasta
- 2 cups frozen corn or 3-4 fresh ears of corn on the cob
- 2 cloves garlic, minced
- 3 green onions, sliced
- 1 large avocado, diced
- ½ cup canned black beans, drained & rinsed
- ¼ cup Cotija cheese (parmesan is a good substitute)
- 6 lime wedges

Salad Preparation:

1. Cook the pasta according to the directions on the box. Cool the cooked pasta by running it under cold water until it is no longer hot. Toss frequently while rinsing. Set aside
2. Preheat the oven to 425. Toss the corn in 1 tablespoon of olive oil, spread on a lined sheet pan. Place sheet pan in oven, roast for 15 minutes. Remove the pan from the oven and add minced garlic, stirring to combine. Return the pan to the oven and continue roasting for an additional 5 minutes or until corn is browned. Remove from the oven, and cool.
3. In a large bowl, combine the cooked pasta, rinsed beans, corn, avocado, and onions. Drizzle the prepared dressing over the salad and gently toss to coat. Serve with a sprinkle of cotija cheese and a lime wedge. Enjoy!

Dressing Ingredients:

- 1 cup plain Greek yogurt
- ½ cup cotija cheese, crumbled
- Juice of 2 large limes (4-6 Tbsp)
- ½ teaspoon lime zest
- 2 Tbsp jalapeño pepper, minced
- 1 bunch cilantro, chopped
- ¼ teaspoon ground cumin
- ½ teaspoon paprika
- 1 teaspoon chili powder
- 1 teaspoon Sriracha or pinch of cayenne pepper
- ¼ salt
- ⅓ ground black pepper

Dressing Preparation:

1. Combine all the dressing ingredients in a small bowl and season to taste with 1/4 teaspoon salt and 1/8 teaspoon pepper.
2. Whisk until well combined and refrigerate until ready to use.



Nutrition Facts

Serving Size 6oz			
Serves 6			
Amount Per Serving			
Calories			478
			% Daily Value*
Total Fat 11.8g			15%
Saturated Fat 3.3g			
Polyunsaturated Fat 1.7g			
Monounsaturated Fat 5.4g			0%
Cholesterol 11.6mg			4%
Sodium 167.8mg			7%
Total Carbohydrate 78.4g			29%
Dietary Fiber 7.9g			28%
Sugars 7.3g			
Protein 17.9g			36%
Vitamin A 6%	Vitamin C 27%		
Calcium 10%	Iron 20%		
Vitamin D 2%	Magnesium 21%		
Potassium 15%	Zinc 20%		
Phosphorus 26%	Folic Acid (B9) 64%		

Healthy Chesapeake

667 Kingsborough Square, Suite 102 • Chesapeake, VA 23320

info@healthychesapeake.org • (757) 690-8970

www.healthychesapeake.org



@healthychesapeake



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@HealthyChes757