

ELOTE PASTA SALAD

Ingredients:

- 4oz pasta of choice
- 1 tsp olive oil
- 1 can corn or 1.5 cups frozen corn
- ¼ red onion
- 2 oz cotija or feta cheese
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp chili powder or paprika
- 3 tbsp plain yogurt or sour cream
- 2 tbsp mayo
- ½ cup chopped cilantro
- Juice of 1 lime
- Salt & peper to taste



Instructions:

1. Bring water to a roaring boil, season with a pinch of salt and add pasta. Once cooked to your liking, drain and rinse with cold water. Toss with 1 tsp olive oil to prevent sticking.
2. While pasta cooks roast corn in a skillet and allow to cool.
3. Dice red onion.
4. In a bowl whisk together, yogurt or sour cream, mayo, lime juice, garlic and onion powder, paprika, plus salt and pepper.
5. Add corn, pasta, and onion to a large bowl, pour dressing over it and toss until well coated. Fold in cheese and cilantro.
6. Enjoy or refrigerate and serve cold.

Nutrition Facts

Elote Pasta Salad

Serving Size: 1 cup

Nutrition break down per serving

Calories: **315 kcal**, Carbohydrates: **39 g**, Protein: **17 g**, Fat: **12 g**, Saturated Fat: **3.5 g**, Cholesterol: **15 mg**, Sodium: **175 mg**, Fiber: **7 g**, Sugar: **7 g**