

# Mexican Street Corn Pasta Salad



## Dressing:

1 cup non-fat plain Greek yogurt  
1/2 cup light mayonnaise  
1 clove garlic, minced  
Juice from one lime  
2 teaspoons chili powder  
1/2 teaspoon cumin  
1/2 teaspoon salt  
1/4 teaspoon cayenne pepper  
1/4 teaspoon black pepper

## Mexican Street Corn:

16 oz. whole grain rotini pasta  
1/2 Tablespoon oil  
3 cups frozen corn  
1 small red onion, diced  
1 large jalapeno pepper, chopped  
1/2 cup cilantro, chopped

**Instructions:** Cook pasta according to package directions, omitting the salt, but add corn in with the pasta for the last minute of boiling. Drain and toss with oil to help prevent the pasta from sticking and drying out. In a large bowl, combine onion, jalapeno pepper, cilantro and corn/pasta. In a medium bowl, whisk all ingredients for the dressing. Toss with about two-thirds of the dressing, saving the rest to refresh any leftover pasta salad. Chill dressing and pasta salad in the refrigerator for at least one hour prior to serving. Refrigerate leftovers.

**Yield:** 10 servings

**Nutrition Facts (per serving):** 250 calories, 6 grams fat, 220 milligrams sodium, 42 grams carbohydrate, 1 gram fiber, 11 grams protein