

Creamy Avocado Pasta Salad with Fresh Veggies

Creamy, Fresh, and Perfect for Sunny Days



TIME
30 min

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INGREDIENTS

8 oz pasta (penne, rotini, or your favorite shape)
2 ripe avocados, peeled and pitted
1 tbsp lime juice (or lemon juice)
2 tbsp olive oil
¼ tsp garlic powder
... tsp salt, or to taste
... tsp black pepper, or to taste
... cup cilantro, chopped (optional)
¼ cup cherry tomatoes, halved
¼ cup cucumber, diced
... red onion, thinly sliced
... cup corn kernels (fresh, canned, or thawed frozen)
... cup bell pepper, diced
Optional: crumbled feta or cotija cheese for topping

DIRECTIONS

1. Cook the Pasta: Cook pasta according to package directions until al dente.
2. Drain and rinse under cold water to stop cooking. Set aside to cool.
3. Make the Avocado Dressing: In a bowl, mash the avocados until smooth.
4. Stir in lime juice, olive oil, garlic powder, salt, and pepper.
5. Adjust seasonings to taste.
6. Chop the Vegetables: While pasta cools, prep the veggies: halve tomatoes, dice cucumbers, slice onions, dice peppers, and chop cilantro.
7. Toss the Salad: In a large mixing bowl, combine pasta, avocado dressing, and all chopped veggies.
8. Gently toss until everything is coated evenly.
9. Serve & Garnish: Top with feta or cotija cheese if using.
10. Garnish with extra cilantro and lime wedges for brightness.
11. Serve immediately or chill for 30 minutes.

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Original recipe: <https://chefmaniac.com/creamy-avocado-pasta-salad-with-fresh-veggies/>