

Avocado Pasta Salad: Creamy, Fresh & Your New Summer Favorite

The Rise of Avocado in Salads



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30 min

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INGREDIENTS

to create this fresh and creamy Avocado Pasta Salad: 8 ounces short pasta (such as rotini, fusilli, penne, or macaroni), cooked according to package

DIRECTIONS

1. directions and cooled
2. 2 large, ripe
3. , peeled and pitted
4. 1/4 cup fresh
5. lime juice
6. (from about 2-3 limes)
7. , chopped (plus more for garnish)
8. 1/2 teaspoon
9. (or to taste)
10. 1/4 teaspoon
11. black pepper
12. cherry tomatoes
13. , finely diced
14. corn kernels
15. (fresh, frozen & thawed, or canned & drained)
16. Optional: 1/4 cup
17. black beans
18. , rinsed and drained
19. Optional: 1/4 cup crumbled
20. cojita cheese
21. or feta cheese
22. Swaps and : Notes
23. Any short, sturdy pasta shape that can hold the creamy dressing well will work. Cook al dente so it holds up in the salad. Cool it completely before adding to prevent the avocado from "cooking" or getting mushy.
24. Ensure your avocados are ripe but still firm enough to handle. They should yield slightly to gentle pressure.

The riper they are, the creamier the dressing will be.

25. Lime : Juice:

SWAPS & NOTES

It's incredibly versatile, perfect for meal prep, a light lunch, a picnic, or a crowd-pleasing side dish for any summer gathering.

It comes together quickly, and its fresh, vibrant flavors are a welcome change from traditional pasta salads.

The Rise of Avocado in Salads Avocado has taken the culinary world by storm in recent years, moving beyond just guacamole and toast to become a star ingredient in countless dishes, including salads.

Its creamy texture, healthy fats, and mild flavor make it an excellent base for dressings, replacing heavier ingredients like mayonnaise or dairy.

TIPS FOR SUCCESS

Ripe Avocados: This is key for a creamy, flavorful dressing.

Cool Pasta Completely: Hot pasta will make the avocado brown and can alter the texture.

Drain Everything Well: Ensure your pasta and canned ingredients (if using) are very well drained to prevent a watery salad.

Add Lime Juice Immediately: The lime juice acts as a natural antioxidant, helping to keep the avocado green.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/avocado-pasta-salad-creamy-fresh-your-new-summer-favorite/>