

## Summer Seafood Pasta Salad: Easy, Creamy & Refreshing

Seafood Pasta Salad: A Refreshing Summer Delight!



**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

**SOURCE**  
**ChefManiac**

**BINDER**  
**Ready**

### INGREDIENTS

8 oz bow tie or rotini pasta  
½ lb cooked shrimp, peeled and deveined (small to medium size)  
½ lb cooked crab meat (lump crab meat or imitation crab)  
¾ cup finely chopped celery  
... cup red onion, finely diced  
1/3 cup sweet bell peppers, diced (any color or a mix)  
... cup fresh parsley, chopped  
¾ cup mayonnaise  
... cup plain Greek yogurt  
2 tablespoons lemon juice (freshly squeezed is best)  
1 tablespoon Dijon mustard  
1 teaspoon Old Bay seasoning  
1 teaspoon dried dill weed or 1 tablespoon fresh dill, chopped  
Salt and black pepper, to taste

### DIRECTIONS

- 1. Cook and Cool the Pasta:** Bring a large pot of generously salted water to a rolling boil. Add the 8 oz bow tie or rotini pasta and cook according to package instructions until al dente (cooked but still firm to the bite). Drain the pasta thoroughly. Immediately rinse the cooked pasta under cold running water to stop the cooking process and cool the pasta completely. This also prevents it from sticking together. Drain very well again.
- 2. Combine Salad Ingredients:** In a large mixing bowl, combine the cooled cooked pasta, the ½ lb cooked shrimp (peeled and deveined), the ½ lb cooked crab meat (or imitation crab), ¾ cup finely chopped celery, ... cup finely diced red onion, 1/3 cup diced sweet bell peppers, and ... cup fresh chopped parsley.
- 3. Prepare the Dressing:** In a separate small bowl, whisk together the ¾ cup mayonnaise, ... cup plain Greek yogurt, 2 tablespoons lemon juice, 1 tablespoon Dijon mustard, 1 teaspoon Old Bay seasoning, 1 teaspoon dried dill weed (or 1 tablespoon fresh chopped dill), and salt and black pepper to taste. Whisk until the dressing is smooth and well combined.
- 4. Dress the Salad:** Pour the prepared dressing over the seafood and pasta mixture in the large mixing bowl. Gently toss everything together with a large spoon or spatula until all the ingredients are evenly coated with the creamy dressing.
- 5. Chill the Salad:** Cover the bowl with a lid or plastic wrap. Refrigerate the seafood pasta salad for at least 1 hour to allow the flavors to meld together and for the salad to chill thoroughly. Longer chilling (2-4 hours) is even better!

6. Serve: Serve the Seafood Pasta Salad chilled. If desired, garnish with additional fresh parsley or lemon wedges for an extra pop of freshness and visual appeal. Enjoy!

## SWAPS & NOTES

Pasta Type: Bow tie (farfalle) or rotini are great for capturing the dressing, but macaroni, shells , or even penne would also work.

Choose a pasta shape that's easy to toss and eat with the other ingredients.

Seafood: If fresh crab meat is unavailable or too pricey, imitation crab meat is a common and economical substitute.

Cooked lobster or calamari can also be added for variety.

## TIPS FOR SUCCESS

**Rinse Pasta Well:** Rinsing pasta with cold water is crucial for pasta salads to stop cooking and remove excess starch, preventing stickiness.

**Dry Vegetables:** Ensure your vegetables are finely chopped and relatively dry; excess water can thin the dressing.

**Don't Overdress:** Start with the recommended amount of dressing and add more if needed.

You want the ingredients coated, not swimming.

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

Original recipe: <https://chefmaniac.com/summer-seafood-pasta-salad-easy-creamy-refreshing/>