

Helergon Kitchen

Creamy Pasta Salad

A bright, creamy pasta salad with crisp vegetables, perfect for a hassle-free dinner or potluck.

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz rotini or fusilli pasta
- [ ] 1 cup Greek yogurt
- [ ] 2 tbsp mayonnaise
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp honey
- [ ] 1/2 cup red bell pepper, diced
- [ ] 1/2 cup cucumber, seeded and diced
- [ ] 1/4 cup red onion, finely chopped
- [ ] 2 tbsp fresh dill, chopped
- [ ] Salt and freshly ground black pepper to taste

Optional Add-Ins

- [ ] 1/2 cup cooked chicken breast, shredded
- [ ] 1/4 cup shredded cheddar cheese
- [ ] A handful of cherry tomatoes, halved

Instructions

1. Cook the pasta in salted boiling water until al dente, about 8-10 minutes; drain and rinse under cold water to stop cooking.
2. In a large bowl, whisk together Greek yogurt, mayonnaise, lemon juice, honey, salt, and pepper until smooth.
3. Add the cooled pasta, diced bell pepper, cucumber, red onion, and dill to the dressing; toss gently until everything is evenly coated.
4. Taste and adjust seasonings; chill for at least 20 minutes. Serve garnished with extra dill or a drizzle of olive oil.
5. For extra protein, fold in shredded chicken or sprinkle cheese just before serving.

Nutrition per serving

320 kcal	12 g	42 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dressing thickens too much after chilling, whisk in a splash of milk or water.
- Use whole-grain pasta for a nuttier texture.
- Feel free to swap lemon juice for white wine vinegar for a different tang.