

Sweet Corn Pasta Salad

Summer is the season for BBQs, cookouts and family gatherings. This is the perfect side to bring. It is easy to prepare and can serve a lot of people. It packs a protein punch if using protein pasta or swap for whole wheat or even gluten free. Pair with grilled chicken, salmon or shrimp.

Ingredients:

2 cups, canned low sodium corn, drained and rinsed
1.5 cups canned chickpeas, drained and rinsed
½ pound cooked high protein pasta or whole wheat
1 cup 0% milk fat cottage cheese (blended)
1 tbsp lime juice
2 green onion stalks
1 tsp garlic powder
1sp onion powder
1 tsp pepper

Dietitian Tip: Cook pasta night before or a few hours before making salad to ensure its cooled before assembling. This saves time. It even starts the process of making it a resistant starch



Directions:

1. Boil water according to box directions
2. Drain and rinse corn and chickpeas. Add to large bowl
3. Wash and chop green onion
4. Add cottage cheese, lime juice and seasonings to blender. Blend until smooth
5. Once pasta is cooked, let cool
6. Add pasta to bowl with beans and corn. Pour cottage cheese mixture to ingredients.
7. Add green onion to garnish and enjoy!

Yield: 5 servings

Nutrition Facts:

310 Calories; 4 fat (0.5 g Saturated Fat; 0 g Trans Fat); 5 mg Cholesterol; 240 mg Sodium; 52g Carbohydrate (8 g Fiber, 8g Sugar, 1g Added Sugar); 21 g Protein; 0% Daily Value (DV) Vitamin D; 10% DV Calcium; 20% DV Iron; 15% DV Potassium