

Whole Wheat Pasta Salad with Capsicum and Corn



Ingredients:

- 200 grams of whole wheat fusilli pasta
- ½ cup of sweet corn, steamed
- 1 tomato, chopped in large chunks
- 1 cup of red, yellow, and green bell peppers (capsicum), chopped
- Lettuce leaves, chopped
- ¼ cup of coriander/cilantro leaves, chopped

For Dressing

- 2 Tbsp of mayonnaise
- 3 Tbsp plain yogurt or plain Greek yogurt
- 3 cloves of garlic, pounded
- 1 Tbsp of extra virgin olive oil
- Salt and pepper, to taste

Instructions:

1. Boil the pasta to al dente. Drain and add a little olive oil to prevent sticking.
2. In a large mixing bowl, combine mayonnaise, yogurt, pounded garlic, and extra virgin olive oil. Mix well. Add salt and pepper to taste and mix.
3. In another mixing bowl, combine whole wheat fusilli, sweet corn, tomato, lettuce, bell pepper, and fresh coriander.
4. Add dressing, toss, and serve.