

Street Corn Pasta Salad Guilt Free

This Street Corn Pasta Salad Guilt Free takes all the bold, smoky, and creamy flavors of classic Mexican street corn and transforms them into a lighter, healthier version you can enjoy any time. It's creamy without being heavy, thanks to yogurt-based dressing and reduced-fat cheese. The sweet roasted corn, zesty lime, and touch of chili create a flavor-packed dish that satisfies every craving while staying balanced and nutritious. Perfect for picnics, barbecues, or quick lunches, this pasta salad proves healthy eating can still taste incredible.

Why You'll Love This Street Corn Pasta Salad Guilt Free

Light but Flavorful

This recipe gives you all the satisfaction of traditional elote pasta salad but with less fat and fewer calories. Greek yogurt and light mayo create a silky, tangy dressing that feels indulgent but keeps the dish light.

Packed with Fresh Ingredients

From grilled corn and cilantro to avocado and spicy cheddar, every bite bursts with color and freshness. The smoky chili butter adds a restaurant-quality depth of flavor that makes this salad unforgettable.

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- Author: [Aaron recipes](#)
- Total Time: [25 minutes](#)
- Yield: [4 servings](#)
- Diet: [Vegetarian](#)

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Description

A healthy, flavorful twist on classic Mexican street corn pasta salad with Greek yogurt dressing, chili butter, and grilled corn. Light, creamy, and full of zesty flavor.

Ingredients

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- ☐ Short pasta (rotini or penne) – 1 lb
 - ☐ Grilled corn (from 3–4 ears) – 2 cups
 - ☐ Romaine lettuce (shredded) – 1 head
 - ☐ Avocado (diced) – 1
 - ☐ Spicy cheddar (diced) – ½ cup
 - ☐ Fresh basil (torn) – ½ cup
 - ☐ Fresh cilantro (chopped) – ½ cup
 - ☐ Cotija or feta cheese (crumbled) – ¾ cup
 - ☐ Greek yogurt – ½ cup
 - ☐ Reduced-fat cream cheese (softened) – 3 oz
 - ☐ Olive oil – 2 tbsp
 - ☐ Lime juice – 2 tbsp
 - ☐ Garlic (grated) – 1 clove
 - ☐ Salt and pepper – to taste
 - ☐ Smoked paprika – 1 tsp
 - ☐ Chili powder – 2 tsp
 - ☐ Cayenne pepper – ¼ tsp
 - ☐ Butter (light) – 2 tbsp
 - ☐ Cook Mode Prevent your screen from going dark
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Instructions

1. Cook pasta in salted water until al dente. Drain, rinse, and set aside.

2. In a large bowl, whisk Greek yogurt, cream cheese, olive oil, lime juice, garlic, salt, and pepper.
3. Add corn, lettuce, avocado, basil, cilantro, cheddar, and cheese. Toss gently to combine.
4. Melt butter with smoked paprika, chili powder, and cayenne. Drizzle over salad.
5. Top with extra cilantro and a squeeze of lime before serving.
6. Serve chilled or at room temperature.

Notes

Use nonfat Greek yogurt and light butter to keep it guilt-free.

Add avocado just before serving to prevent browning.

Store leftovers in an airtight container for up to 3 days.

- Prep Time: 15 minutes
- Cook Time: 10 minutes
- Category: Salad
- Method: Mixing
- Cuisine: Mexican-Inspired

Nutrition

- **Serving Size:** 1 cup
- **Calories:** 320
- **Sugar:** 4g
- **Sodium:** 280mg
- **Fat:** 15g
- **Saturated Fat:** 6g
- **Unsaturated Fat:** 7g
- **Trans Fat:** 0g
- **Carbohydrates:** 34g
- **Fiber:** 3g
- **Protein:** 10g
- **Cholesterol:** 25mg

Did you make this recipe?

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Choosing the Best Ingredients

The Pasta Foundation

Short pasta like rotini or cavatappi works perfectly. Its shape traps the creamy dressing while maintaining texture. Cook the pasta al dente so it stays firm when chilled.

Building Healthy Flavor

Instead of heavy mayo, this version uses Greek yogurt blended with olive oil and lime juice for a balanced, creamy base. Fresh herbs, avocado, and a sprinkle of cotija keep every bite bright and flavorful.

Making the Creamy Light Dressing

The Perfect Creamy Base

In a large bowl, whisk Greek yogurt, reduced-fat cream cheese, olive oil, lime juice, garlic, salt, and pepper. The combination gives you a smooth and slightly tangy dressing that coats the pasta without overpowering it.

Adding a Flavor Boost

Fold in crumbled cotija or feta cheese, chopped chives, and a touch of chili powder for extra depth. The result is a dressing that's lighter but still rich and satisfying.

Preparing the Pasta Salad

Cooking and Cooling the Pasta

Cook your pasta until just tender, then rinse under cold water. Toss with a drizzle of olive oil to keep it from sticking. Cooling the pasta prevents it from soaking up too much dressing.

Mixing the Ingredients

Add grilled corn, chopped basil, cilantro, romaine lettuce, avocado, and spicy cheddar to the cooled pasta. Gently fold in the creamy dressing until evenly coated.

Adding the Chili Butter

Making Guilt-Free Chili Butter

Melt a small amount of butter with olive oil for a lighter version. Stir in smoked paprika, chili powder, and cayenne to bloom the spices. This step adds warmth and a smoky flavor that enhances the corn's natural sweetness.

Using It Wisely

Drizzle the chili butter lightly over the finished salad. A little goes a long way in adding depth and aroma without making the dish heavy.

Serving and Presentation

Best Ways to Serve

Serve this salad chilled or at room temperature. It's a versatile dish that pairs well with grilled meats or works beautifully as a stand-alone meal.

Finishing Touches

Top with extra cilantro, cotija, and a squeeze of lime before serving. The garnish brightens the flavors and gives the salad a beautiful, fresh look.

Tips for Keeping It Guilt-Free

Choose Smart Swaps

Use nonfat Greek yogurt and part-skim cheese to reduce fat content while maintaining creaminess. Replace some mayo with yogurt or mashed avocado for a lighter texture.

Balance Flavor and Health

A touch of olive oil or light butter gives richness without excess calories. Keep portions satisfying but moderate, and load up on herbs and veggies for volume and freshness.

FAQs About Street Corn Pasta Salad Guilt Free

Can I make this salad ahead of time?

Yes, it tastes even better after chilling for a few hours. Just add avocado and lettuce right before serving.

Can I use frozen corn instead of fresh?

Absolutely. Thaw it completely and roast in a skillet for 5 minutes to achieve a smoky, charred flavor.

Can I make it vegan?

Yes. Use vegan yogurt, plant-based butter, and a sprinkle of nutritional yeast instead of cheese.

How long does it last in the fridge?

Store in an airtight container for up to 3 days. Stir gently before serving to refresh the texture.

Conclusion

This Street Corn Pasta Salad Guilt Free is proof that healthy eating doesn't mean sacrificing flavor. It's creamy, spicy, and satisfying while staying light and balanced. With a bright lime dressing, smoky chili butter, and plenty of fresh herbs, it's the perfect summer salad that fits any lifestyle. Make it once, and it'll quickly become your go-to dish for family gatherings and quick, wholesome meals. For another bright and flavorful option, check out our [Healthy Street Corn Pasta Salad](#) — a creamy, refreshing version that complements this lighter twist perfectly.
