

Tangy Tex-Mex Pasta Salad

Prep Time
20 mins

Servings: 10

Ingredients

12 ounces bowtie noodles
1 can roasted corn
1 can black beans
1 pint cherry tomatoes
2 large avocados
Optional: fresh lime, chopped cilantro, or diced avocado

Dressing

1/4 cup ketchup
1/2 cup red wine vinegar
1/2 cup vegetable oil
1/4 cup sugar
1 teaspoon paprika
1/2 teaspoon onion powder
1/2 teaspoon Italian seasoning blend
1/8 teaspoon Worcestershire sauce (optional)
Salt and pepper to taste

Instructions

1. Prepare the noodles according to package directions. Drain and rinse in cold water.
2. To prepare the dressing, add all of the dressing ingredients to a blender or food processor and mix until combined. Add salt and pepper to taste. *If making this ahead of time store in the fridge.*
3. Mix cooked pasta with a few tablespoons of the prepared dressing and place in the fridge to chill.
4. Drain the roasted corn. Drain and rinse the black beans.
5. Halve the cherry tomatoes. If desired, chop avocado and cilantro.
6. Combine all the salad ingredients
7. Toss with the salad dressing and enjoy!

Recipe Notes

This salad is best chilled. The best way to do that is to make the dressing ahead of time and chill it in the fridge for a few hours. Also have the salad ingredients in the fridge before preparing. If everything is chilled beforehand it can be enjoyed pretty soon after prepping it.



Nutrition Facts

Servings: 10

Amount per serving

Calories **291**

% Daily Value*

Total Fat 12g **15%**

Saturated Fat 2.2g **11%**

Cholesterol 0mg **0%**

Sodium 134mg **6%**

Total Carbohydrate 39.7g **14%**

Dietary Fiber 3.2g **11%**

Total Sugars 9.4g

Protein 6.3g