

Treasure Barrel

Creamy Pasta Salad Recipe

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

Ingredients

Main Ingredients

- [ ] 12 oz rotini pasta
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1 cup cucumber, diced
- [ ] ½ cup red onion, thinly sliced
- [ ] ¼ cup fresh dill, chopped
- [ ] ¼ cup fresh parsley, chopped

For the Dressing

- [ ] ½ cup Greek yogurt
- [ ] ¼ cup mayonnaise
- [ ] 2 tbsp lemon juice
- [ ] 1 tbsp honey
- [ ] 2 tbsp olive oil
- [ ] Salt and pepper to taste

Instructions

1. Bring a large pot of salted water to a boil, add the rotini, and cook until al dente—about 8 minutes.
2. Drain the pasta, rinse under cold water, and set aside to cool completely.
3. In a mixing bowl, whisk together Greek yogurt, mayonnaise, lemon juice, honey, and olive oil until smooth.
4. Add the cooled pasta, tomatoes, cucumber, red onion, dill, and parsley to the dressing, tossing gently to coat.
5. Season with salt and pepper, refrigerate for at least 30 minutes, then serve chilled. For a different twist, see creamy chicken pesto pasta.

Nutrition per serving

380 kcal	12 g	44 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a lighter dressing, increase the yogurt proportion and reduce mayo.
- A pinch of smoked paprika adds a subtle depth without overpowering the herbs.
- Feel free to add a handful of toasted pine nuts for extra texture.