

Foodnity Recipes

Creamy Pasta Salad – Easy Plant-Based Recipe

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

Ingredients

Main Ingredients

- [ ] 12 oz tri-color rotini pasta
- [ ] 1 cup plain cashew-based yogurt
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 red bell pepper, diced
- [ ] 1 yellow bell pepper, diced
- [ ] 1/2 cup cherry tomatoes, halved
- [ ] 1/4 cup red onion, finely chopped
- [ ] 2 tbsp fresh dill, chopped
- [ ] 2 tbsp fresh parsley, chopped
- [ ] 2 tbsp olive oil
- [ ] 1 tsp maple syrup (optional)
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Cook the rotini in salted boiling water until al dente, about 8-9 minutes; drain and rinse under cold water until the pasta is cool.
2. In a large bowl, whisk together the cashew yogurt, lemon juice, olive oil, maple syrup, salt, and pepper until smooth.
3. Add the diced bell peppers, cherry tomatoes, and red onion to the bowl; toss gently to coat with the dressing.
4. Fold in the cooled pasta, then sprinkle with fresh dill and parsley; give everything a gentle mix.
5. Cover and refrigerate for at least 10 minutes; serve chilled, perhaps alongside a slice of crusty bread.

Nutrition per serving

310 kcal	8 g	38 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer extra tang, add a splash more lemon juice just before serving.
- For added crunch, toss in toasted pine nuts or sliced almonds.
- Adjust sweetness with a touch more maple syrup if the dressing feels too sharp.