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Lactose Free Lemony Yogurt Pasta Salad

Prep time: 10 minutes

Servings: 6

As the weather warms up and summer creeps in, we are on the hunt for lighter, more refreshing dishes to serve at family gatherings, BBQ's with friends, and those beloved all-day-long pool parties. Because so many classic summer side dishes we all know and love contain heavy creams or mayos, we were thinking of ways to lighten things up a little. Notorious for its versatility in sauces and marinades, we knew this was a job for our Lactose Free Whole Milk Yogurt. We decided to swap out the mayo, and add in our plain yogurt for a creamier, lighter version of one of our favorite pasta salads that we plan to enjoy all summer, and know you will too!

Green Valley Creamery

Ingredients

5 ounces of Green Valley Creamery Lactose Free Plain Whole Milk Yogurt

2 tablespoons of fresh lemon juice

3/4 teaspoons minced garlic

2 tablespoons olive oil

1/5 tablespoon honey

Zest from 1/2 a lemon

Lemon pepper to taste

Salt to taste

Instructions

For the Dressing:

1. Place all ingredients for the dressing in a medium sized bowl, and whisk until it forms a smooth and creamy consistency.

For the Pasta Salad:

1. Bring a large pot of water to a boil, add pasta. Remove when al dente, and drain.
2. Remove tougher part of asparagus, and chop into 1 inch pieces.
3. Cut onion into thin slices.
4. Halve cherry tomatoes.
5. In a large bowl, combine all ingredients including dressing, toss, and enjoy!