

Allison Cobb's Easy Lowcountry Shrimp Pasta Salad

Perfect for Fourth of July cookouts, pool days, boat rides, neighborhood gatherings, and those evenings when it's simply too hot to turn on the oven.

Ingredients

- 1 pound cooked shrimp, peeled and chopped
- 12 ounces rotini pasta
- 1 cup diced cucumber
- 1 cup halved cherry tomatoes
- 1/2 cup diced red onion
- 1/2 cup chopped fresh parsley
- Crumbled feta or sprinkle parmesan (optional)

For the Dressing

- 1/4 cup olive oil
- Juice of 2 lemons
- 1 teaspoon Dijon mustard
- Salt and pepper to taste

Instructions

1. Cook the pasta according to package directions.
2. Drain and allow it to cool completely.
3. In a large bowl, combine the pasta, shrimp, cucumber, tomatoes, onion, parsley, and feta if using.
4. Whisk together the olive oil, lemon juice, Dijon mustard, salt, and pepper.
5. Pour the dressing over the pasta mixture and toss gently.
6. Refrigerate for at least one hour before serving.

That's it.

No complicated ingredients. No fancy equipment. Just a simple, crowd-pleasing recipe that works every single time.

Why This Recipe Is Perfect for Bluffton & Hilton Head Island Summers

One of the biggest challenges during a South Carolina summer is finding food that's satisfying without feeling heavy.

When temperatures climb into the 90s and the humidity makes it feel even warmer, nobody wants a complicated meal that requires hours in the kitchen.

This pasta salad is ideal because:

- It can be prepared in advance.
- It travels well to parties and cookouts.
- It's easy to double for larger crowds.
- It pairs perfectly with grilled chicken, burgers, ribs, or fresh seafood.
- It's just as good for lunch the next day.

If you're headed to a Fourth of July celebration this year, there's a very good chance you'll leave with an empty serving bowl.