

# Sweet-and-Sour Pasta Salad

▼ 6 servings

*Here's a refreshing salad for summer entertaining—add sorbet or fresh watermelon slices for dessert.*

**Prep:** 5 min

**Cook:** 10 min

**1 Serving:** Calories 255  
(Calories from Fat 45);  
Fat 5g (Saturated 1g);  
Cholesterol 20mg;  
Sodium 1100mg;  
Carbohydrate 42g  
(Dietary Fiber 4g);  
Protein 14g.

1 cup uncooked rosamarina (orzo) pasta (6 ounces)

1 package (16 ounces) frozen stir-fry vegetables

1 can (14 ounces) baby corn nuggets, drained

1 1/2 cups cubed fully cooked ham

3/4 cup sweet-and-sour sauce

1. Cook pasta as directed on package, but do not drain.
2. Place frozen vegetables in colander. To drain pasta, pour over frozen vegetables in colander. Let stand until vegetables are thawed.
3. Place vegetables and pasta in large bowl. Add corn, ham and sweet-and-sour sauce; toss.

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