

Sweet corn and ham pasta salad



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Preparation 15 mins | Cooking 15 mins | Serves 4-6

This pasta salad can be made up to 1 day ahead and stored in the fridge. Toss the lettuce through the salad just before serving.

200g dried girandole torsades, penne or fusilli pasta

2 cobs sweet corn, husks and silks removed

½ small red capsicum, deseeded and cut into a 1-cm dice

175g thickly sliced leg ham, chopped

¼ cup reduced fat whole egg mayonnaise

¼ cup reduced fat Greek-style natural yoghurt

1 tbs lemon juice

4 green oak lettuce leaves, roughly torn

STEP 1 Cook pasta in a large saucepan of boiling water, following packet directions, until al dente. Drain, refresh in cold water and set aside to drain.

STEP 2 Wash corn and place in a single layer in a microwave safe dish. Cover with plastic wrap, microwave on high for 5 minutes. Leave to cool for 10 minutes. Unwrap and slice off the corn kernels. Place corn into a large bowl.

STEP 3 Add cooled pasta, capsicum and ham to corn. To make dressing, combine mayonnaise, yoghurt and lemon juice in a small bowl. Season with salt and pepper to taste. Toss mayonnaise dressing through pasta mixture. Gently toss through lettuce and serve.

Good for you... **SWEET CORN**

A good source of dietary fibre which keeps the intestine functioning well. Provides niacin (vitamin B3), essential for the release of energy from proteins, fats and carbohydrates. A source of potassium (helps balance the sodium from salt) and also provides some iron (needed for red blood cells) and a range of carotenoids that have value for eye health.

