

BLT Pasta Salad

Salad of the Month – May 2012



Midday nourishment. Upgrade the nutrients in this hearty salad even more by using whole wheat pasta.

Prep Time: 25 Min

Start to Finish: 25 Min

Makes: 6 servings (1 2/3 cups each)

INGREDIENTS

- 1 1/4 cups uncooked medium whole wheat pasta shells
- 4 slices bacon
- 1/4 red onion, thinly sliced (1/4 cup)
- 1 pint (2 cups) cherry tomatoes, cut in half or 3 roma tomatoes, sliced
- 1/2 cup reduced-calorie ranch dressing
- 6 leaves romaine or iceberg lettuce

DIRECTIONS

1. Cook and drain pasta as directed on package, omitting salt. Rinse with cold water; drain well.
2. Meanwhile, in 10-inch nonstick skillet, cook bacon over medium heat about 4 minutes, turning occasionally, until crisp. Drain on paper towels. Crumble into small pieces or cut into thirds.
3. In large bowl, mix pasta, onion and tomatoes; toss gently with dressing to coat. Place lettuce leaf on each of 6 salad plates; divide pasta mixture evenly along plates. Sprinkle each with bacon.

Recipe Provides: Fats & Oils 1tsp, Grains 1oz-equivalents, Vegetables 1/2c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	210	Calories from Fat:	60
Total Fat:	7 g	Saturated Fat:	1 g	Cholesterol:	10 mg
Sodium:	320 mg	Total Carbohydrate:	29 g	Dietary Fiber:	2 g
Sugars:	3 g	Protein:	7 g		



This recipe was adapted from WWW.eatbetterearly.com