

BLT Powerhouse Pasta Salad

4 servings

What you need:

2 cups uncooked wheat-blend rotini pasta (such as Healthy Harvest)

1 Tbsp olive oil

1 medium red onion, chopped

3 cloves garlic, minced

1/2 pint cherry tomatoes, halved

1 bag (4 oz) fresh baby spinach

¼ c shredded Parmesan cheese

¼ c Bacon bits



All you do:

1. Cook pasta according to package. Drain, but save ½ cup of the cooking water.

2. Meanwhile, heat oil in a large skillet over medium heat. Add onion and garlic.

Cook, stirring often, until onion is golden - about 5 minutes.

3. Add tomatoes to skillet and cook until tomatoes begin to soften but still hold their shape, about 5 minutes. Add reserved pasta cooking water to tomato mixture in skillet and bring to a boil.

4. Place spinach in a large bowl. Pour hot tomato mixture over spinach. Add pasta, parmesan cheese and bacon bits and toss to combine. Serve warm or cold.

Nutrition facts per serving: 310 kcals, 7g total fat, 2g saturated fat, 10mg cholesterol, 360mg sodium, 51g carbohydrates, 7g dietary fiber, 14g protein