

# BLT Pasta Salad



Be the star of the show at your next summer potluck with this side dish! This BLT pasta salad is a fresh twist on a classic. It features lettuce in addition to pasta to lighten things up, avocado for healthy fats, and a Greek-yogurt based dressing for some added protein. Turn this side into a main by adding eggs, chicken, or tofu.

## Ingredients:

For the salad (serves 4-6):

- 2 cups uncooked bowtie pasta (approx. 4 cups cooked)
- 6 slices bacon, chopped
- 1 cup cherry tomatoes, halved
- 1 cup cheddar cheese, cubed small
- 1 head romaine lettuce, chopped
- 1/4 red onion, thinly sliced
- 1 avocado, diced

For the dressing (makes about ¾ cup):

- ¼ cup mayonnaise
- ½ cup plain Greek yogurt
- 1 tablespoon dill roughly chopped
- 1 tablespoon parsley roughly chopped
- 1 garlic clove minced
- 1 teaspoon onion powder
- ¼ lemon juiced
- ½ teaspoon rice wine vinegar
- Salt and pepper to taste

## Instructions:

1. Bring a large pot of salted water to a boil and cook the pasta according to the package directions. Drain and rinse with cold water to cool completely.
2. Make the Dressing: Combine all ingredients in a bowl and stir until smooth. Store in an airtight container in the fridge until ready to use.
3. Add the bacon to a pan over medium-high heat. Cook, stirring occasionally, until crispy. Remove from the pan and set aside.
4. In a large bowl, combine the cooled pasta, chopped bacon, cherry tomatoes, cheddar cheese, lettuce, red onion and avocado.
5. When ready to serve, toss the salad in the dressing to taste.

### Nutrition Facts:

Per 1 serving

Calories: 406  
Total Carbohydrates: 39g  
    ○ Dietary Fibre: 3g  
Protein: 15g  
Total Fat: 21g  
    ○ Saturated Fat: 5g  
    ○ Unsaturated Fat: 13g  
    ○ Trans Fat: 0g  
Sugars: 3g  
Sodium: 400mg

Adapted from Fraiche Living



For more information visit:  
[WWW.MAGNAWELLNESS.COM](http://WWW.MAGNAWELLNESS.COM)

**GOOD for you**  
Health and Wellness  
for Magna Employees

**MAGNA**