

# BLT Powerhouse Pasta Salad

## Ingredients

2 cups uncooked rotini pasta	1/2 pint cherry tomatoes, halved
1 tablespoon olive oil	1 bag (4 ounces) fresh baby spinach
1 medium red onion, chopped	1/4 cup shredded Parmesan cheese
3 cloves garlic, minced	1/4 cup bacon bits

## Directions

1. Cook pasta and drain, but save 1/2 cup of the cooking water.
2. Heat oil in a large skillet. 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.



*Makes 4 servings*

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