

## BLT Powerhouse Pasta Salad 4 servings

Estimated cost per serving: \$2.10

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  
1/4 c shredded Parmesan cheese  
1/4 c Bacon bits



- 1) Cook pasta according to package. Drain, but save 1/2 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  
**Good source** of Vitamin A, Vitamin C, Calcium, Iron, and dietary fiber

**Pyramid servings:** 2 oz grains, 2 cups vegetables

**Nutrition Note:** Dark green leafy vegetables like spinach, romaine lettuce, kale & Swiss chard, are a nutritional powerhouse. They are loaded with nutrients such as **phytochemicals** that reduce the risk of cancer and heart disease, **folate** to help the body form Red Blood Cells (RBC), **fiber** to reduce blood cholesterol levels and keep the GI tract healthy, and **vitamin C** to help heal wounds and maintain teeth and gums. The darker the leaves, the more nutrients the vegetable has. Use raw leaf vegetables in salads, sandwiches & wraps, or use them to wrap other ingredients like a tortilla. Add them to your favorite stir-fry or steam them in the microwave for a tasty side dish.

Strive to eat at least 5 servings of fruit and vegetables every day!

Recipe provided by Keri Tonia, MSU Dietetics Student, 3/07.

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