



# BLT PASTA SALAD

Swapping out mayonnaise and using yogurt in salads is an easy way to add creaminess and flavour to the dressings.



**PREP TIME**  
20 minutes



**COOK TIME**  
15 minutes



**SERVES**  
24 as a side dish

**TIP:** Dressing can be wrapped and refrigerated for up to 2 days. Pasta can be cooked and cooled and refrigerated up to 2 days ahead. Fresh ingredients should be added to the salad when serving.

## DIRECTIONS

1. Creamy Yogurt Chive Dressing: In a bowl, whisk together yogurt, oil, vinegar, mustard and garlic. Stir in chives, salt and pepper to taste. Cover and refrigerate until ready to use.
2. In a large pot of boiling salted water, cook pasta for about 10 minutes or until al dente. Drain and rinse with cold water. Drain well and place in a very large bowl.
3. Meanwhile, in a large skillet over medium high heat, cook bacon until crispy. Drain on paper towel lined plate and cut into pieces. (Alternatively, place bacon slices on a large baking sheet and bake in a 400°F (200°C) one for about 15 minutes or until crispy).
4. Add cooked bacon, arugula, tomatoes, avocado, green onions and cheese to cooked pasta and toss to combine. Pour over Creamy Yogurt Chive Dressing and toss gently to coat well. Season with additional salt and pepper if desired. Serve immediately.

Change up the ingredients as to what you have access to like using chopped tomatoes for the grape tomatoes or chives instead of the green onions. Other cheeses like asiago or aged cheddar would also work in the salad.

## INGREDIENTS

8 cups (2 L) dried farfalle or gemelli pasta  
24 slices bacon  
8 cups (2 L) lightly packed baby arugula  
4 cups (1 L) grape tomatoes, halved  
4 ripe but firm avocados, pitted and diced  
6 green onions, thinly sliced  
1 cup (250 mL) shaved parmesan cheese  
Creamy Yogurt Chive Dressing:  
2 cups (500 mL) Oikos 2% plain Greek yogurt  
¼ cup (60 mL) olive oil  
2 tbsp (30 mL) cider vinegar  
4 tsp (20 mL) Dijon mustard  
3 cloves garlic, rasped or grated  
¼ cup (60 mL) chopped fresh or dried chives  
Salt and pepper

## Per serving

(1/24th recipe/about 170 g)

|         |               |
|---------|---------------|
| 250     | calories      |
| 13 g    | fat           |
| 3 g     | saturated fat |
| 0 g     | trans fat     |
| 25 g    | carbohydrates |
| 4 g     | fibre         |
| 2 g     | sugars        |
| 11 g    | protein       |
| 15 mg   | cholesterol   |
| 430 mg  | sodium        |
| 400 mg  | potassium     |
| 75 mg   | calcium       |
| 1.25 mg | iron          |



**DANONE**  
CANADIAN  
FOODSERVICE

All kinds of better™

danonefoodservice.ca

Danone  
Canada  
is a

Certified  
Entreprise