

**PREP TIME** 

**COOK TIME** 

20 minutes

15 minutes

**SERVES** 

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.

24 as a side dish

## **BLT PASTA SALAD**

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

## 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.

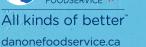
Change up the ingredients as to what you have access to like using chopped tomatoes for the grape tomatoes or chives instead of the green onions. Other cheeses like asiago or aged cheddar would also work in the salad.

## INGREDIENTS

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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

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