

Very Veggie Pasta Salad

MAKES 12 SERVINGS (¾ CUP PER SERVING)

1 package (16 ounces) Farfalle
(bowtie shape) pasta
2 ounces Real Bacon Bits
or Pieces
1 package (10 ounces) fresh
spinach leaves, coarsely
chopped
1 small can (2.25 ounces)
sliced ripe olives, drained
2 fresh tomatoes, diced
1 medium red bell pepper,
chopped
1 cup (4 ounces) shredded
Monterey Jack cheese

Optional Ingredients:

1 can (15 ounces) chickpeas,
drained and rinsed
1 cup diced, cooked chicken
breast

Dressing:

15 tablespoons Tarragon
Vinaigrette Dressing (yield
from 1 recipe) see page 51
for recipe

1. Cook pasta according to package directions, omitting salt. Drain cooked pasta in a colander; rinse with cold water. Place drained pasta in a large bowl.
2. Add bacon bits (or pieces), spinach, olives, tomatoes, red pepper and shredded Monterey Jack cheese. Toss gently to mix.
3. Pour Tarragon Vinaigrette Dressing over pasta mixture; toss to coat.
4. If possible, refrigerate for 2 hours before serving.

Nutrition information per serving with dressing (¾ cup):

384 calories | 15 gm protein | 50 gm carbohydrate | 4 gm dietary fiber
15 gm fat | 5 gm saturated fat | 18 mg cholesterol | 612 mg sodium