

BLT in a Bowl

Servings: 2

Adapted from Women's Day July 2011

Ingredients

6 oz small rigatoni or other short pasta
4 slices of turkey bacon
1/2 medium red onion, sliced
1/2 pint of grape or cherry tomatoes, halved
1/4 cup Arugula
1/4 tsp salt
1/4 tsp pepper

Preparation

- 1) Cook pasta according to package directions. Drain and return to pot.
- 2) While pasta is boiling, cook the bacon in a large skillet over medium heat until crisp (about 6-8 minutes). Place cooked bacon on a paper towel-lined plate and break into pieces when cool.
- 3) Add onion to skillet where bacon was cooked and season with 1/4 tsp of salt and 1/4 tsp of pepper. Cook until tender, about 5-6 minutes, stirring occasionally. Add tomatoes and arugula, toss, and cook for about 1 minute.
- 4) Toss the onion-tomato mixture with the pasta and fold in bacon. Serve hot or at room temperature.