

# Grilled Chicken BLT Pasta Salad

## Ingredients

8 oz rotini pasta	1 teaspoon Dijon mustard
1 lb boneless skinless chicken breasts	1 tablespoon granulated sugar
6 slices bacon	1/2 teaspoon coarse salt
1 tablespoon olive oil	1/4 teaspoon ground pepper
1/2 cup mayonnaise	1 cup grape or cherry tomatoes, halved
Half lemon, juiced	4 cups loosely packed lettuce

## Directions

1. Cook pasta in a pot of generously salted boiling water according to package instructions until al dente.
2. Drain pasta water and transfer to a large bowl. Drizzle with olive oil and stir to coat, to prevent pasta from sticking together. Set pasta aside to cool.
3. Meanwhile, preheat grill to medium high heat and cook chicken until completely cooked through, and an instant thermometer inserted into the thickest part reads 165°F, about 5-6 minutes per side. Set aside to cool, then chop into 1-inch cubes.
4. Cook bacon in a foil-lined pan on the grill, or on the stovetop, until crispy, about 4-5 minutes per side. Transfer to a paper towel lined plate to drain, then roughly chop.
5. In a small bowl, whisk together the mayonnaise, lemon juice, mustard, sugar, and salt and pepper. Taste and adjust seasoning as needed.
6. Toss the pasta with the dressing, then add the chicken, bacon, and cherry tomatoes. Add lettuce right before serving.

Notes: The pasta salad can be served right away, or can be made up to 4 hours in advance. To keep the lettuce fresh and crisp, lettuce should only be added right before serving.



Serves 8