

Little Traveler's Salad

My mother-in-law served this for the 4th of July. It was a great meal for a warm summer evening when you don't want anything too warm.

Recipe by [Vicki Holmes](#) | Created on **Nov 11, 2021**

Ingredients

- 1 head romaine lettuce, chopped
- 1 (10 ounce) package baby spinach leaves
- 1 small red onion, thinly sliced
- 2 cups cooked macaroni
- 12 ounces cooked chicken breast, cut into bite-sized pieces
- 1 (12 ounce) jar roasted red peppers, thinly sliced
- 8 slices cooked bacon, crumbled
- ¼ cup poppy seed dressing, or to taste
- ¼ cup French-fried onions, or to taste

Directions

- Mix romaine lettuce, spinach, and red onion together in a bowl; portion lettuce mixture onto serving plates. Top each serving with macaroni, chicken, roasted red peppers, and bacon. Serve with poppy seed dressing and French-fried onions on the side.

Nutrition Facts

Serving: **4 servings** | Calories: **487.6 kcal** | Carbohydrates: **42.1 g** | Protein: **31 g** | Saturated fat: **4.8 g** | Cholesterol: **68.3 mg** | Sodium: **1492.5 mg** | Fiber: **5.9 g** | Sugar: **5.6 g**

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Salad

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