

Cocina Salad with Lime-Cilantro Dressing

Adapted from *The New Southwest Cookbook*, by Carolyn Niethammer



Servings: 5

You won't use all of the dressing, so do plan to use it up the following day.

1. **DRESSING:** Combine all ingredients except cilantro in a blender and process until creamy. Taste and correct the salt/sugar/lime relationship to your taste. Add cilantro leaves and pulse just until the cilantro is in small flakes and evenly distributed. Do not over-blend or you will lose the contrast. Serve within 24 hours.
2. **SALAD:** Toss the greens with radishes and tomatoes. Add dressing to taste. Divide into bowls and top with red pepper strips and the sprinkle of Feta cheese.

Per Serving (excluding unknown items): 273 Calories; 25g Fat (78.2% calories from fat); 3g Protein; 12g Carbohydrate; 2g Dietary Fiber; 10mg Cholesterol; 353mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 4 1/2 Fat; 1/2 Other Carbohydrates.

DRESSING:

- 1/4 teaspoon jalapeno chile pepper, minced
- 3 tablespoons white onion, minced
- 1/4 cup fresh lime juice
- 1/2 cup canola oil
- 2 tablespoons sugar
- 1/2 teaspoon salt
- 1/4 cup cilantro, chopped

SALAD:

- 6 cups lettuce, spring type, field greens (or arugula and Romaine)
- 1/2 cup radishes, chopped
- 1/2 cup cherry tomatoes, matchsticks
- 1/2 cup red bell pepper, julienned
- 6 tablespoons Feta cheese, crumbled

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>