

# Chicken on Greens with Chile Buttermilk Dressing

Adapted from Colorado Collage, 1995



*Making numerous minor changes to this salad doesn't really alter the taste - it just enhances it.*

## DRESSING:

2 green onions, finely chopped

2/3 cup buttermilk

1/4 cup green chiles, chopped

1/4 teaspoon salt

1/4 teaspoon chipotle chile canned in adobo, [my addition]

1/2 teaspoon orange zest, [my addition, and I used seeded kumquats because it's what I had]

1 small clove garlic, minced [my addition]

pepper or cayenne to taste

## CHICKEN AND SALAD:

1/4 cup cornmeal

1/4 cup flour

1 teaspoon ground cumin

3/4 teaspoon salt

3/4 teaspoon ground black pepper

1 egg

1/4 cup milk

4 boneless skinless chicken breast halves, pounded to 1/2 inch thickness

3 tablespoons vegetable oil

6 cups mixed salad greens

1 large red bell pepper, cored, seeded and thinly sliced

Fresh herbs (about 2 T. each): chives, cilantro, Italian parsley, mint, dill [my addition]

1/2 cup cherry tomatoes, [my addition]

[I also dressed the salad with a bit of canola oil and sherry vinegar - very lightly]

chopped mint and cilantro for garnish on the chicken [my addition]

1 whole avocado, peeled, diced [my addition]

## Servings: 4

1. Combine all dressing ingredients and chill. If you like a bit more spice/flavor, add more ground cumin and a couple of pinches of cayenne pepper to suit tastes.
2. Combine cornmeal, flour, cumin, salt and pepper in shallow dish. In another shallow dish beat egg and milk. Dredge chicken in cornmeal mixture, then dip in egg mixture allowing excess to drip off. Coat again in cornmeal mixture and set aside.
3. In large skillet heat oil over medium high heat. Add chicken when hot and cook 6-8 minutes until lightly browned, turning once. (May be prepared to this point up to one hour in advance. Cover chicken and keep warm.) Remove and place on papertowels to drain. [If you make this in an electric skillet, you can turn it down to WARM, and it will stay nice and moist, but warm, for that hour - place lid on top, but not tight.]
4. Divide greens and sliced red pepper among plates. Slice warm chicken crosswise into strips and place on top of greens. Serve with dressing.

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Per Serving (excluding unknown items): 443 Calories; 22g Fat (44.5% calories from fat); 36g Protein; 27g Carbohydrate; 5g Dietary Fiber; 125mg Cholesterol; 711mg Sodium. Exchanges: 1 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 4 Fat.

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