

Field Greens with Fire-Roasted Poblano chiles in Balsamic Vinaigrette

***Carolyn T's
Cookbook***

Servings: 6

Source: Adapted from Katherine Kagel's cookbook, from Cafe Pasqual's in Santa Fe, New Mexico. The pecans came from Cathy Thomas, Food Editor of the Orange County Register.



1/4 cup balsamic vinegar, use a good brand, not the cheap stuff
1/3 cup vegetable oil, plus 1 tablespoon
2 tablespoons olive oil
1/2 teaspoon ground cumin, scant
1/2 teaspoon ground coriander, scant
1/2 teaspoon kosher salt
1/4 pound poblano chile, roasted, seeded, cut into 1/2 inch pieces, about 1/3 cup
8 cups field greens, or other fancy lettuces
PEPPERED PECANS:
2 tablespoons sugar
1/2 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper, coarsely ground
1/2 cup pecan halves

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

Per Serving (excluding unknown items): 238 Calories; 23g Fat (82.8% calories from fat); 2g Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 320mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 4 1/2 Fat; 1/2 Other Carbohydrates.

Notes: The pecans were not a part of the original recipe. You can omit if you'd prefer. You can also add other ingredients to the salad, but remember that the chiles are the star of the dish.

1. In a small bowl combine the vinegar, oils, cumin, coriander and salt. Mix in the prepared poblano chiles.
2. Place the field greens in a salad bowl and pour the dressing and chiles over the top. Toss well, then place onto individual plates.
3. Sprinkle peppered pecans on top and serve.

PEPPERED PECANS:

1. Before you start, place a baking sheet or jelly roll pan next to your cooktop.
2. In a small bowl combine sugar, salt and pepper and stir to combine.
3. heat a large wok or skillet over high heat. Add pecans and toss until pecans are warm, about one minute.
4. Sprinkle pecans with HALF the sugar mixture and toss until the sugar melts. Add remaining sugar mixture and toss again until sugar melts, then immediately pour out onto the baking sheet. Spread nuts apart (with tongs or fork) and allow to cool. Will keep, stored in a plastic bag, for 3-4 weeks.