

Mexican Chopped Salad with Cilantro

From a cooking class with Phillis Carey.



This is unusually good. It's ordinary ingredients, but put them together and WOW.

SALAD DRESSING:

- 1/2 cup cilantro, coarsely chopped
- 2 whole garlic cloves, minced
- 1 teaspoon chipotle chile canned in adobo
- 1/4 cup fresh lime juice
- 1 teaspoon Dijon mustard
- 2 teaspoons sugar
- 1/2 teaspoon salt
- 1/2 cup vegetable oil

SALAD MIXTURE:

- 1/2 cup green onions, chopped
- 2 1/2 cups Romaine lettuce, chopped
- 2 cups green cabbage leaves, chopped
- 3/4 cup roasted red pepper, diced
- 3/4 cup jicama, peeled, diced
- 3/4 cup corn kernels, fresh or frozen
- 1/2 cup Feta cheese, sheep's milk, not cow's milk
- 2 cups blue corn tortilla chips

Serving Ideas: You can make this with grilled shrimp or chicken also. You could also add some drained and rinsed black beans and tomatoes also.

Salads

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

Servings: 6

Preparation Time: 40 minutes

The dressing will keep just one day (because of the cilantro). It's the lime juice that makes this dressing so special. This salad takes more dressing than usual. Taste the salad and when you think it's just right, add a little more.

1. In a blender combine: cilantro, garlic, Chipotle chiles, lime juice, mustard, sugar and salt. Puree until smooth. Whisk in the oil and green onions. Cover and chill until serving time.
2. In a large salad bowl toss together the lettuce, cabbage, red peppers, jicama, corn and Feta cheese. Toss with enough dressing to coat. Serve topped with tortilla chips for garnish.

Per Serving (excluding unknown items): 559 Calories; 24g Fat (38.1% calories from fat); 13g Protein; 75g Carbohydrate; 9g Dietary Fiber; 11mg Cholesterol; 740mg Sodium. Exchanges: 4 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 4 1/2 Fat; 0 Other Carbohydrates.