

Chipotle Southwest Chicken Salad

Yield: 4 petite servings

Salad Ingredients:

1 – 2 chicken breasts (if this is a meal, use 2)
chipotle marinade (recipe follows)
1/2 cup chopped roasted corn (about 1 ear)
1/2 cup orange bell pepper, julienned
1/4 red onion (wedge), thinly sliced
2 tablespoons cilantro, chopped
1/2 can black beans, drained and rinsed
4-5 cherry tomatoes
1/2 avocado, thinly sliced
1 head romaine lettuce, chopped
4 – 5 wedges of lime
chipotle-ranch dressing (recipe follows)

Chipotle Marinade Ingredients:

2 tablespoons orange juice
1 tablespoon lime juice, freshly squeezed
2 tablespoons lemon juice, freshly squeezed
1 teaspoon olive oil
2 garlic cloves, roughly chopped
1/2 chipotle chile, in adobo sauce, chopped
1 teaspoon ground cumin
1 teaspoon salt
2 tablespoons roughly chopped fresh cilantro leaves

Chipotle-Ranch Dressing:

Using a small food processor, puree 1/2 cucumber (peeled, halved lengthwise and seeded, then grated on the large holes of a box grater), 1 tablespoon finely chopped shallot, 2 tablespoons mayonnaise, 2 tablespoons buttermilk, 1/4 cup sour cream, 2 tablespoons freshly squeezed lemon juice, 1 teaspoon Kosher salt, handful of finely chopped cilantro leaves, and 1/2 teaspoon finely chopped chipotle.



From Luther's Kitchen Spring 2010

- Step 1:** **Prepare the chicken:** Put all marinade ingredients into a plastic bag.
- Step 2:** Add the chicken to the bag and allow it to marinate overnight (if possible) in the refrigerator.
- Step 3:** Grill the chicken until the internal temperature reaches 165° F. Let chicken cool completely and cut it into cubes.
- Step 4:** **Prepare the vegetables:** julienne the bell pepper, cut the kernels off the cob of roasted corn, thinly slice wedge of red onion, chop approximately 1/2 bunch of cilantro finely, quarter the cherry tomatoes, chop the romaine lettuce into 1/2 inch strips. Place these vegetables into a large mixing bowl (reserve some cilantro for garnish).
- Step 5:** Add rinsed and drained black beans to the bowl and about 1/3 cup dressing.
- Step 6:** Toss the salad and neatly arrange in a large platter. Top with cut chicken. Drizzle dressing over the cut chicken.
- Step 7:** Garnish the salad with cut avocado, lime wedges and chopped cilantro and serve immediately.

