

Saturdays

with the

Chef

Southwestern Romaine/Kale Salad with Chile-Lime Vinaigrette

Total preparing time 20 Minutes

A inspired salad from our Southwest flavors here at Barberito's. I wanted to serve A very flavorful yet easy salad to prepare with or without turning a stove top on and Have a healthy option for entertaining guests or just making a quick meal at home. I hope you enjoy!

Ingredients:

Dressing and or marinade if you add char-grilled chicken

- 3 tablespoons of freshly squeezed lime juice
- 1 and ½ tablespoons of honey
- 1 teaspoon of chili powder or southwest seasoning
- ½ teaspoon of ground cumin
- 1 clove garlic (option:roasted) minced
- 1 large jalapeno seeded and finely diced
- Small hand full of finely diced onion
- Small pinch of cilantro roughly chopped
- Kosher salt and pepper to taste
- 4-5 tablespoons of canola oil (depending on thickness)

How to make dressing:

Combine all ingredients minus the oil in a medium sized mixing bowl. Slowly pour oil with other ingredients will quickly whipping the oil in Our use a mixer/emulsifier.

Salad:

Wash all veggies you prepare

3 cups of corn, 1 red bell pepper diced, ½ red onion diced

And kosher salt and pepper to taste.

Option: you can use raw veggies or light sauté

3 large Romaine heads or Kale or any green leaf veggie you'd like

Rough chop your leafy veggie.

1 can of black beans, drained and rinsed

2 avocados diced

4-5 oz of preferred cheese.

Once you have all your veggies the way you'd like them,

In a large mixing bowl toss your leafy greens with your vinaigrette, veggies and black beans.

Top your salad with your freshly diced avocado and choice of cheese and serve!

