

## Mexican Chopped Salad

The freshest, healthiest, most summery salad. It's loaded with fabulous Southwestern flavor.

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Recipe type: Salad

Cuisine: Mexican, Southwestern

Serves: 6-8 as a side

### Ingredients

- *Ingredients for the dressing:*
- ¼ cup fresh lime juice
- 2 tablespoons honey
- ½ teaspoon cumin
- 1 clove garlic, finely minced
- ½ teaspoon salt
- 2 tablespoons canola oil
- 2 tablespoons extra virgin olive oil
- freshly ground black pepper
- taste and add salt if needed
- *Ingredients for the tortilla strips:*
- 6 6-inch corn tortillas
- 1 ½ tablespoons canola oil
- ½ teaspoon sea salt
- *Ingredients for the salad:*
- 1 medium head romaine lettuce , chopped in approximately ½ inch pieces
- 1 medium bell pepper, diced in ¼-inch pieces\*\*, I used small orange-hued peppers (the mini ones). Feel free to use whichever color you want.
- ½ medium red onion, diced in ¼-inch pieces\*\*
- ½ medium jicama, peeled and diced in ¼-inch pieces\*\*
- 1 medium zucchini, diced in ¼-inch dice\*\*
- 4 medium tomatoes, seeded and diced into ¼-inch dice\*\*
- 4 ears corn (if fresh corn is not in season, substitute 1½ cups of sweet, tiny frozen corn)
- 1½ cups canned black beans, drained and rinsed
- ½ cup finely chopped cilantro, plus whole cilantro leaves for garnish, if desired



### Instructions

1. *For the dressing*, combine lime juice, honey, cumin garlic and salt. Stir to combine. In a slow, steady stream, add the oils, stirring continuously with a fork or small whisk. Taste and add more salt and pepper, if needed. Set aside.
2. *For the corn tortilla strips*, preheat oven to 400°F. Stack corn tortillas on a cutting board. Cut in half. Cut each stack of halves into thin strips, crosswise, about ¼ inch thick.
3. Transfer tortilla strips to a sheet pan. Drizzle with oil. Sprinkle with salt and toss to coat.
4. Bake for 15-20 minutes, stirring every 5 minutes, or until light golden brown and crisp. Set aside to cool.
5. *For the salad*, place corn, two ears at a time, in the microwave and cook for 3½ minutes. Remove from microwave with a hot pad and allow to cool for 5 minutes. After cooling, cut bottom end of corn off, about 1½ inches from end. Pull back husk and silks (almost all of the silk should easily pull away). Cut kernels from husks and set aside.
6. Combine corn and other salad ingredients in a large bowl. Stir to combine. Add dressing and stir to coat all ingredients. Garnish with cilantro leaves, if desired.
7. Serve with tortilla strips on top or place a bowl on the side and let guests help themselves.

### Notes

\*[This video demonstrates the microwave corn technique](#). It's really quite amazing. The corn husks and silks just pull away. The corn is clean and just slightly cooked, perfect for salads like this.

\*\* Okay, and one little secret I have to share. I have this [Vidalia Chop Wizard](#) that I'd have a hard time managing without. It chops onions, carrots, potatoes, peppers, zucchini, jicama, etc. super fast - and all the

pieces are uniform size. When I want to make a pot of soup or a salad with lots of chopped veggies in a hurry, I just pull out this little magic contraption and 1-2-3 I'm done!

Recipe by thecafesucrefarine.com at <http://thecafesucrefarine.com/2014/05/mexican-chopped-salad/>