

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Southwestern Cobb Salad

From www.melskitchencafe.com

This recipe is a little more involved, and will take more time to prepare than most of the recipes of the week, but it is well worth it.

Chicken Marinade:

¼ cup freshly squeezed lime juice (2-3 limes)
¼ cup olive oil
¼ cup soy sauce
½ teaspoon ground cumin
½ teaspoon crushed red pepper flakes
3-4 boneless, skinless chicken breasts

Yellow Pepper Salsa:

1 yellow pepper, seeded and diced
1 tomato, seeded and coarsely chopped
1 can large olives, coarsely chopped
½ sweet onion, diced

4-5 large eggs

6-8 sliced bacon (Look for an all-natural one without nitrates or nitrites. You can also use turkey bacon.)

1 medium head romaine lettuce, washed, dried and torn into 1-inch pieces

*Green Goddess dressing, or dressing of your choice

Black Bean Salsa:

1 (15-oz) can black beans, rinsed and drained
½ sweet onion, diced
¼ cup cilantro, chopped
1 tablespoon olive oil

Avocado Salsa:

2 ripe avocados, cut into 1/2- inch pieces
Juice of 2 limes
¼ cup cilantro, chopped
½ teaspoon cumin
¼ teaspoon cayenne pepper

1. For the chicken marinade, in a small bowl, combine the ¼ cup lime juice, olive oil, soy sauce, ½ teaspoon cumin and red pepper flakes. Place the chicken breasts in a Ziploc bag and pour the marinade over the chicken. Close the bag and refrigerate for at least an hour or up to overnight. Heat a grill to medium-high heat (an indoor grill pan or skillet could be used also). Grill the chicken until it is cooked through, about 5-7 minutes per side. Cool the chicken completely then cut into ½-inch pieces. Set aside.
2. Place the eggs in a saucepan and cover with cold water. Bring the water to a rolling boil. Cover and remove from the heat. Let the eggs sit for 13 minutes then rinse them under cold water until they are completely cooled. Peel and coarsely chop the eggs. Set aside.
3. Cook the bacon over medium heat until it is crisp. Drain on paper towels. When cool, crumble and set aside.
4. In a medium bowl, combine the yellow pepper, tomato, olives, and ½ of the sweet onion. Season with salt and pepper and set aside.
5. In another bowl, combine the black beans, ¼ cup cilantro and onion. Drizzle with 1 tablespoon olive oil and season with salt and pepper. Set aside.
6. In another bowl (don't worry, we are almost done with the excess of bowls), combine the avocado, ¼ cup cilantro, juice of 2 limes, cayenne pepper, and ½ teaspoon cumin. Season with salt and pepper. Set aside.
7. On a large platter (or large bowl), arrange the romaine lettuce. Arrange the chicken in a strip down the middle of the romaine. On either side, make piled strips of the eggs, bacon, yellow pepper salsa, black bean salsa and avocado salsa. Drizzle with dressing or serve it in on the side. If using a large bowl, gently toss to combine all the ingredients before serving.

*Recipe for Green Goddess Dressing on the back

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Green Goddess Dressing

This dressing is best made up a few hours or a day beforehand to let the flavors blend.

½ cup mayonnaise (Look for an all-natural one without corn syrup or hydrogenated oil.)

½ cup sour cream

2 tablespoons buttermilk

1 teaspoon Worcestershire sauce

1 tablespoon white wine vinegar

1 bunch chives, coarsely chopped (about ¼ to 1/3 cup)

2 green onions, white and green parts, cut into thick chunks

2 tablespoons chopped fresh cilantro

2 tablespoons chopped fresh flat-leaf parsley

1 teaspoon honey

1 teaspoon coarse sea salt

½ teaspoon freshly ground black pepper

1 pinch cayenne pepper (optional)

Combine all the ingredients together in a blender. Process until smooth. Thin with additional buttermilk (adding one teaspoon at a time), if desired. Store the dressing in an airtight container in the refrigerator for up to 3 days.