

Mexican Cobb Salad

Ingredients:

4 cups of romaine lettuce, chopped, rinsed and dried
½ cup black or kidney beans, blanched
½ cup corn kernels, (fresh or frozen) blanched
½ cup jicama, peeled and diced
½ cup tomato, chopped and diced
½ cup red onion, diced
½ cup avocado, diced
Corn tortillas, slice into strips and deep-fried

Dressing Ingredients:

1 cup cilantro
1 tsp. sea salt
1 tsp. oregano
1 tsp. cumin
1/3 cup lime juice, freshly squeezed (approx. 2 limes)
2/3 cup olive oil

Combine the first 5 ingredients in a blender and then slowly pour in the oil as you blend. Chill for a bit before you dress the salad.

Preparation of tortilla strips:

1. Slice the corn tortillas and slice them into small strips;
2. Deep fry in safflower oil until golden;
3. Place on paper towels;
4. Sprinkle with sea salt.

Preparation of the salad:

On a bed of greens, place your vegetables in sections with the tortilla strips as a garnish or its own section.