

Fajita Salad with Cilantro-Yogurt Buttermilk Dressing

Ingredients:

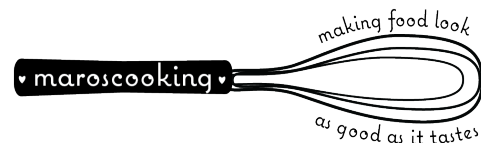
- 10 tortillas (buy the best quality available, corn or flour)
- grape seed oil or olive oil for spraying
- Penzeys smoky salt

For Salad:

- 1 small head Bibb lettuce
- 8-oz. baby kale, or mixed greens of your choice
- 2 cups thinly sliced kale, chopped
- 1 cup shredded carrots
- 1 cup thinly shaved red cabbage
- 1 diced red bell pepper
- 2 celery stalks thinly sliced
- 4 ears corn, grilled and removed from Cobb
- 1 14-oz. can black beans, drained
- 1 avocado, sliced thinly
- 1 watermelon radish, thinly sliced
- 4 scallions, thinly sliced on the bias
- 1 cup crumbled queso fresco, or feta

For Dressing

- ¼ cup minced cilantro (small bunch)
- 1 small shallot
- 1 clove garlic
- ½ cup nonfat Greek yogurt (I love fage)
- ½ cup buttermilk
- 3 tablespoons Alessi white balsamic reduction
- Juice of one freshly squeezed lime
- 1 teaspoon cumin
- ½ cup avocado oil (olive oil as a substitute)
- Kosher salt and pepper to taste



Directions:

For Chips: Preheat oven to 350°. Cut tortillas in half, divide again in quarters and then in eighths (pizza style). Spread out on large baking sheet. You will have to do batches -- they should not be touching each other. Using a mister, lightly spray with oil. Place in oven for about 15 minutes until golden. Season with smoky salt immediately. Let cool. Store any extras in ziploc.

For Chicken: I use my cumin marinated buttermilk chicken (consult archives Demi's Buttermilk Chicken)

Make Dressing: Combine cilantro, shallot, and garlic in food processor (or finely mince by hand). In a 2-cup measuring cup, whisk with buttermilk, yogurt, lime and balsamic vinegar. Slowly pour in oil whisking constantly to emulsify. Refrigerate until ready to use.

For Salad: Place cleaned washed greens in large bowl. Arrange vegetables on top in any way that looks appealing-- your moment to be artistic! Sprinkle with feta and serve with chicken, chips and dressing.