

Allen County (Region 4)

Kickin' Chicken Chipotle Ranch Salad

3 tbsp. Kickin Chipotle Seasoning
12 oz. Chicken tenders or breasts, boneless, skinless
2 corn cobs, fresh, cleaned, and trimmed
1 tsp olive oil blend
6, 6 inch corn tortillas
4 oz. olive oil blend (for frying)
6 cups chopped kale
6 cups romaine lettuce, chopped
1 ½ cups red pepper, julienne
¾ cup orange or yellow pepper, julienne
1 ½ cups grape tomatoes, halved vertically
3 oz Mexican blend shredded cheese

Kickin' Chipotle Seasoning (makes 3 tbsp.)

½ tsp Chipotle chili powder
1 tsp Garlic powder
1 tsp onion powder
½ tsp oregano flakes
2 tsp paprika
1 ½ tsp cumin
1/8 tsp ground cinnamon
1/8 tsp ground cloves
½ tsp salt
½ tsp black pepper

Chipotle Ranch Dressing (approximately 1 cup)

1 Chipotle pepper, small, chopped (from canned adobo sauce)
3 tbsp. fresh chiffonade Cilantro
½ cup reduced fat mayonnaise
½ cup buttermilk
1 tbsp. adobo sauce
3 tbsp. lime juice
½ tsp cumin
½ tsp garlic powder
¼ tsp dried, flakes oregano
½ tsp salt

Prepare Kickin Chipotle Seasoning according to recipe. Set aside. Note: may be prepared in advance and stored at room temperature for future use.

Prepare chipotle ranch salad dressing according to recipe. Store at 41 degrees until ready to use.
Lightly coat corn cobs with olive oil blend. Place on sheet pan and roast in 400 degree F oven until lightly browned.

Using a chef's knife, remove kernels from cob. Set aside until ready to use.

Cut corn tortillas in half, and then cut into ½ inch strips. Heat sauté pan. Add olive oil blend. Add corn tortilla strips and pan fry until golden brown (about 1 minute)

Place on paper towels to drain. Set aside until ready to use.

Rinse kale and romaine under running water. Drain well (may use salad spinner).

Chop kale and romaine into 1 inch pieces. Combine greens and store at 41 degrees F until ready to use.

Rinse peppers and grape tomatoes under running water.

Prepare peppers into julienne strips.

Cut grape tomatoes in half vertically.

Grill or sauté chicken until an internal temperature of 165 degrees F is reached.

Salad assembly:

Place 2 cups of leafy greens on plate. Top with ¼ cup tomatoes, ¼ cup red peppers, 1/8 cup roasted corn, ½ oz. shredded cheese, and 1 oz. tortilla strips.

Slice chicken tenders into bite-sized pieces and place on salad. Garnish with julienne strips of yellow or orange peppers.

Serve with 1 to 1 ½ ounces of Chipotle Ranch salad dressing.