

# A Sutherland Belle

## Southwest Chicken Salad with Spicy Ranch Dressing

### INGREDIENTS

#### *For the Chicken*

- 1 ½ pounds chicken breasts, flattened to ½ inch thickness
- ¼ cup white vinegar
- Juice of one orange
- 1 tablespoon avocado oil
- 3 cloves garlic, minced
- ½ teaspoon cayenne pepper
- ½ teaspoon smoked paprika
- ½ teaspoon cumin
- ½ teaspoon kosher salt
- ¼ teaspoon fresh cracked black pepper

#### *For the Dressing*

- 1 cup mayonnaise
- ½ cup sour cream
- ¼ cup buttermilk
- 1-2 adobe chipotle peppers in adobe sauce (plus 1-2 teaspoons of adobe sauce)
- 1 teaspoon dried dill
- 1 teaspoon dried chives
- 1 teaspoon dried parsley
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- Juice of half a lemon
- ½ teaspoon kosher salt
- ½ teaspoon fresh cracked black pepper

#### *For the Pepitas*

- 1 cup pepitas
- 2 teaspoons avocado oil
- 1 teaspoon coarsely ground sea salt
- ½ teaspoon smoked paprika
- ½ teaspoon garlic powder
- ½ teaspoon cumin
- ¼ tsp chipotle powder (or to taste, optional)

### *For the Salad*

- 2 heads Romaine lettuce, chopped
- 1-pint cherry tomatoes, halved
- 1 (15 ounce) can of black beans, drained and rinsed
- 2 ears sweet corn (raw or roasted)
- 1 red bell pepper, sliced
- half of red onion, thinly sliced
- 1 jalapeño, sliced
- ¾ cup pepper jack cheese, shredded

## **INSTRUCTIONS**

### *For the Chicken*

1. Mix the ingredients for the marinade together.
2. Place the chicken in an airtight container or freezer bag and pour the marinade over it. Marinate the chicken for at least an hour or overnight.
3. Discard marinated and grill for 6-8 minutes per side or until internal temperature reaches 165°F (75°C), Flip only once halfway through. Let chicken rest for 5 minutes before slicing on the diagonal.

### *For the Dressing*

1. Prepare dressing while chicken is marinating.
2. Place all ingredients into a blender. Blend until smooth.
3. Refrigerate for at least an hour or preferably several hours before use. If the dressing appears too thick, thin with more buttermilk. Store in refrigerator for up to 2 weeks.

### *For the Pepitas*

1. Preheat your oven to 350°F.
2. In a medium bowl, mix together the pepitas and avocado oil.
3. Sprinkle with sea salt, smoked paprika, garlic powder, and chipotle powder. Mix well to coat evenly with seasoning.
4. Spread the pepitas on a parchment-lined baking sheet. The more space they have better they'll toast. Roast in the oven for 12-15 minutes or until golden.
5. Allow the pepitas to cool on the baking sheet for a few minutes before transferring them to a plate or a bowl. Store in an airtight container.

### *For the Salad*

1. Cut corn from the cob.
2. Add all of the salad ingredients to a large salad bowl. Toss everything together with the dressing or serve it on the side.
3. Top with grilled chicken and ½ cup roasted pepitas.

