



SALADS

By Katie Beck Photography by Marty Snortum Studio

Spring brings out our best intentions. It is a season of rejuvenation; everyone is coming out of their winter hibernation with improvement plans for the new year. One common intention is to lead a healthier lifestyle, but when it comes down to changing our diets, our will power wavers. ¡Sabroso! offers three salad recipes that are hearty and healthy to help turn our good intentions into great meals.



Spring Mix Salad in Rustic Bread Bowl With Grilled Vegetables

Serves 4

- 1½ lb Flank steak, grilled and sliced
(substitute mushrooms for vegetarian salad)
- Round loaf of rustic bread (12 inch loaf)
- 1 cup plus 6 tbs olive oil
- 3 bell peppers, sliced into 2 inch strips and grilled
- 2 portobello mushrooms, sliced and grilled
- 1 eggplant, sliced and grilled
- 1 zucchini, sliced lengthwise and grilled
- 1 red onion, thinly sliced
- 12 grape tomatoes, cut in half
- 1 bag Spring Salad Mix
- 4 cloves garlic, crushed
- 1 ½ cups Parmesan
- 2 tbs fines herbes (in your grocer's spice section)
- 1 lemon

Directions: Grill flank steak to desired temperature, slice into ½ inch thick strips and set aside. Slice the top of the bread round so that there is an eight inch opening, and pull out the soft inside of the bread. Tear the soft bread into crouton-sized pieces, toss with 3 tablespoons of olive oil and ½ cup of Parmesan. Place on a baking sheet and bake in a preheated oven at 300 degrees until thoroughly toasted.

Coat the bell peppers, portobello mushrooms, eggplant and zucchini with 3 tablespoons of olive oil, salt and pepper to taste and grill until tender, set aside. In a blender (or with a whisk and a strong arm), combine crushed garlic, the remaining cup of Parmesan and fines herbes. Slowly drizzle in the remaining cup of olive oil until the dressing becomes emulsified. In a large bowl, toss salad greens, flank steak strips, croutons, onions and tomatoes with dressing until lightly coated. Place salad inside bread bowl and line the exterior base of the bowl with grilled vegetables. After presenting the salad, serve portions of greens with grilled veggies and a piece of the rustic bread bowl.

Southwest Anchoite Chicken Salad With Cilantro Lime Vinaigrette

Serves 6

Chicken Marinade:

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| 6 boneless chicken breasts | 3 tbs olive oil |
| ½ cup milk | 1 tbs crushed garlic |
| 4 tbs anchoite powder | 1 tbs dried oregano |

Directions: Place chicken breasts in a large resealable plastic bag and coat with olive oil, milk and crushed garlic. Combine oregano with anchoite powder and sprinkle over chicken. Seal the bag and mix until the chicken is evenly coated. Allow the chicken to absorb flavors overnight. Grill or bake chicken breasts until fully cooked, and then slice into ½ inch strips. Set aside while preparing salad.

Salad:

- Canola oil (for frying tortillas)
- 2 sun dried tomato tortillas cut into thin strips
- 1 large bag of romaine salad mix
- 12 grape tomatoes, halved
- 12 large black olives, halved
- 3 large avocados, peeled, pitted and sliced
- 3 large green chiles, roasted, peeled, seeded and sliced into strips
- 1 cup crumbled Cotija cheese
- 1 cup cilantro lime vinaigrette (recipe follows)

Directions: Heat pan with Canola oil to 375 degrees. Fry tortilla strips until crisp, about 2 minutes. Carefully remove the strips from the oil and let drain on paper towels. In a large mixing bowl, toss the lettuce, tomatoes and olives with the cilantro lime vinaigrette until lightly coated. Evenly distribute the dressed salad on 6 plates. Fan the sliced chicken breast at the side of the salad. Roll the green chile strips into small rosettes and place at the base of the fanned chicken breast with a couple of grape tomatoes. Cut the avocados in half, scoop out the flesh, mash into guacamole (season according to taste), place the mashed avocado back in the skin and place on salad plate. Place tortilla strips on top of the salad and sprinkle with crumbled Cotija cheese. Garnish with cilantro.

Cilantro Lime Vinaigrette:

- ¼ cup rice wine vinegar
- ¼ cup fresh lime juice
- ¼ tsp cumin
- ¼ tsp coriander
- 1 tbs honey
- 1 ½ cups olive oil
- 1 bunch cilantro, leaves picked
- Salt and pepper to taste

Directions: In a blender or food processor, combine the vinegar, lime juice, cumin, coriander, honey and cilantro in a blender. While the blender is running, slowly drizzle in the olive oil until the dressing is emulsified. Salt and pepper to taste. This dressing can be prepared ahead which allows flavors to intensify.

**Picture on previous page.*



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Reservations Recommended
Limited Seating



Crab Salad in Pepper Ice Bowl

Served in Butter Lettuce Leaves

Serves 6

- 4 tbs white wine vinegar
- 2 tbs Dijon mustard
- 1 tbs scallions, chopped
- 6 tbs bell pepper, finely diced (yellow, red and orange)
- 4 tbs celery, finely diced
- 3 tbs parsley, minced
- 2 tsp lemon juice
- ½ tsp salt
- ¼ tsp pepper
- ⅔ cup extra-virgin olive oil
- 24 ounces white crabmeat, drained
- 12 ounces imitation crabmeat (for color and texture)
- 20 large shrimp, peeled and cooked
- 1 head of Bibb lettuce (for bowl and wraps)
- Chopped chives for garnish

Directions: Whisk the vinegar, mustard, scallions, bell peppers, celery, parsley, lemon juice, salt and pepper together in a bowl. Gradually whisk in oil until the mixture becomes emulsified. Add in crabmeat and shrimp and toss with dressing.

The Pepper Ice Bowl

- Bell peppers (of varied colors), sliced into rings
- Medium-sized plastic bowl
- Small plastic bowl
- Bibb (Butter) lettuce leaves

Directions: Fill medium bowl just under ¾ full with distilled water. Place smaller bowl into medium bowl and tape down to keep smaller bowl centered. Leave enough space between bowls to ensure that a solid amount of ice can form the base of the bowl. Slide bell pepper rings into the space between the bowls and place on a flat surface in the freezer. Freeze overnight (can be made up to one week in advance). To release the bowl, allow the bowls to sit at room temperature for 10-15 minutes (if the bowl doesn't release, dip the bottom bowl in a larger bowl filled with warm water to make it release faster). Once released, layer the inside of the ice bowl with Bibb lettuce, fill with crab salad and garnish with chopped chives and lemon wedges. Set out another plate with single leaves of lettuce, and spoon crab salad into leaves to form a wrap. Enjoy.