



Category (Salads)

Mexican Cornbread Layered Salad

Submitted by (Kathy Worrell)

<p><u>Recipe</u> <u>Salad</u> 3 cups chopped Romaine Lettuce 3 cups cubed or crumbled cornbread 1 (15 oz.) can black beans, rinsed and drained 1-1/2 cups corn kernels, (fresh or frozen, thawed if frozen) 1 red bell pepper, small diced 1 (15 oz.) can black olives, drained and sliced 3 green onions, finely chopped 4 Roma tomatoes, liquid squeezed out and chopped 2 cups shredded cheddar cheese</p> <p><u>Dressing</u> 1/3 cup regular or light mayonnaise 1/3 cup light or regular sour cream or plain yogurt 1/3 cup lowfat buttermilk 3/4 cup chopped fresh cilantro 1/4 cup fresh lime juice (from about 2 limes) 2 tsp. ground cumin 1/2 tsp. salt 1 tsp. chili powder</p> <p>In a blender combine all the dressing ingredients until smooth. Refrigerate until ready to use.</p> <p>In a 9x13 inch pan, layer the ingredients in the following order: lettuce, cornbread, beans, corn, red pepper, olives, green onions, tomatoes and cheese.</p> <p>Pour the dressing over the cheese. Cover with plastic wrap and refrigerate for 1-2 hours. Serve chilled.</p>	<p><u>Cornbread Recipe</u></p> <p>1/2 cup cornmeal 1-1/2 cups flour 2/3 cup sugar 1 T baking powder 1/2 tsp. salt 1/3 cup oil 3 T butter 2 eggs, beaten 1-1/4 cups milk</p> <p>Combine dry ingredients. Make a well and add oil, butter, eggs, and milk into the center. Stir until just mixed (batter will be runny). Bake in an 8 inch square pan at 350 degrees for 35 minutes.</p> <p>To make a sturdier and less sweet cornbread for this recipe, I used only 1/3 cup sugar and used 1/2 cup oil and eliminated the butter.</p>
<p><u>Side dish - Roasted Tomatoes</u></p> <p>1-1/2 pts. Grape or cherry tomatoes, halved 2 T olive oil Coarse salt and fresh ground pepper to taste Pinch of sugar</p> <p>Combine tomatoes, olive oil, salt, pepper and sugar. Pour onto a rimmed baking sheet. Bake 40 minutes at 350 degrees tossing once or twice.</p>	<p><u>Tips/Helpful hints</u></p> <ol style="list-style-type: none"> 1. Make sure each ingredient is well dried before layering so the cornbread won't get soggy. 2. If you want more dressing throughout the salad, add 1/2 of the dressing part way through the layers. 3. You can use a trifle dish to layer this, but using a 9x13 dish makes it easier when serving a crowd to get all the ingredients in one scoop. 4. Adding chopped, grilled chicken is an option to make this a main dish salad. Or serve with grilled chicken. 5. I have used Ranch dressing instead of mixing up the above dressing. My favorite is Gregg's Savory Ranch from the refrigerated section at Costco. 6. I used Roasted Grape tomatoes instead of the Roma. Recipe at left.

*Pheasant Ward
Recipes*

