

Cheddar Bacon Poblano Salad with Smokey Dressing

Preparation Time: 20 mins

Cooking Time: < 15 mins

Serves: 4

Difficulty: Easy

For my American friends, Kroger, under their Private Selection brand carries a very similar pre-prepared chopped salad kit. Note the salad image is not the actual finished product. I forgot to take a picture when I made this and will update when I make it next time.

INGREDIENTS

2 cups fresh Romaine, chopped
2 cups fresh Kale, chopped
1-2 cups shredded carrots
1 cup red cabbage chopped
2 slices applewood smoked bacon
1 cup freshly grated cheddar cheese
Poblano cornbread crouton crumbles

Smokey Poblano Ranch Dressing

2 Poblano peppers
½ cup sour cream or Greek yoghurt
1 cup mayonnaise
½ cup buttermilk
2 cloves of garlic, minced
1 tablespoon smoked paprika
1 tablespoon lime juice
¼ cup chopped cilantro/coriander
1 tablespoon Ranch salad dressing mix
Salt & pepper to taste

Poblano Cornbread Croutons

Leftover cornbread is cut into crouton size cubes and cooked in the oven until crunchy and stored in an airtight container for future use.

Options

Crush regular croutons and mix in a little cayenne pepper or chili.

SALAD DRESSING DIRECTIONS

1. Place poblano peppers on baking sheet lined with alfoil. Broil in the oven until the skins are blackened and blistered. Broil for approximately 5 mins each side. Check on them frequently to ensure they don't burn.



2. Place cooked peppers in a bowl and cover with plastic wrap and leave for 10 minutes.
3. Remove the stems, seeds, and chop into smaller pieces.
4. Place the peppers in a food processor (blender is ok if you don't have one) and pulse a few times.
5. Add all the other ranch dressing ingredients and blend until smooth.
6. Season with salt & pepper.

SALAD DIRECTIONS

1. Chop the bacon very finely and cook on medium heat in a fry pan. It should not be crispy.
2. Add all salad ingredients to a bowl and toss with the ranch dressing.

Serve With

Green Chili Cornbread Casserole – see my Vegetables & Sides page for the recipe.