

Fiesta Cobb Salad



I think I maybe saw a version of this recipe in one of my favorite magazines like Real Simple or Bon Appetit, both of which I always skim for recipes before reading the rest, even if that means reading it backwards. The idea popped back into my mind when I was trying to think of a light homemade and healthy summer dinner to make on Sunday. Plus, I've been on a black bean kick lately--which most likely won't go away-- which I attribute to the taste, the fiber, and the heart healthy benefits (high cholesterol runs in the fam).

I was very excited with the way it turned out (except for my inability to discern a head of cabbage from a head of lettuce--hey, they look similar). When I saw the colorful stripes made of a contrast of crunchy (corn), starchy (black beans), fresh (tomatoes), creamy (avocado), and protein-y (fajita seasoned chicken) flavors, I was convinced it was fabulous enough to serve at a fiesta!

And, there you have it-- a new dish to serve at your next party. Make a big one on a serving platter, and allow guests to scoop up the ingredients they like best with tongs! Or, serve the ingredients in separate dishes and let guests build their own salad. Or, check out this cute Layered Fiesta Rice Salad. I thought of the idea to layer the salad vertically, but thought it would be difficult to eat in a tall dish. Maybe that's the fun of it. I still love the presentation!

Here's how I made the fiesta on a plate:

Ingredients

- 1 head of lettuce (iceberg recommended)
- 1 firm tomato
- 1 can of corn kernels
- 1 can of black beans (prepared)
- 1 avocado
- 3 boneless skinless chicken breasts
- 1 shaker of fajita seasoning
- 1 jalapeno
- 1/4 cup of light ranch dressing

Instructions

- Turn the stove to medium heat, place a skillet on the stove and generously spray with olive oil PAM.
- Wash the chicken breasts and trim them if necessary.
- Sprinkle fajita seasoning on both sides of the chicken breasts, then place them on the skillet to cook for 10 minutes or until browned on one side while you assemble the salad.
- Cut the head of lettuce in half, then cut each half so that it is in fourths. Then chop each fourth into bite sized pieces. Place on your plate.
- Drain the water out of the can of corn and the can of black beans.
- Use a spoon to place a stripe of corn, then a stripe of black beans on top of the lettuce.
- Flip the chicken breasts once browned on one side and cook until the other side is golden brown.
- Dice the tomato and repeat step #3 with the tomato pieces.
- Once the chicken is cooked, remove from heat and pan. Once cooled, dice it into small cubes.
- Repeat step #3 with the chicken cubes.
- Cut an avocado in half, then cut it into cubes. Repeat step #3 with the avocado cubes.
- Garnish with thin jalapeno slices if you like a little kick, or add to the light ranch dressing before drizzling it on the salad.

Also, I totally Rebeccammend serving the salad with this awesome new healthy, crunchy find at your nearest H-E-B (or Thom's Market on Barton Springs): Beanitos! They're tasty, light, crunchy, airy, full of fiber, protein, and vitamins, low on salt, but still fulfill my urge to munch on chips when I eat Mexican food! They are awesome. Just do it, and thank me later. (They'd be awesome with salsa, guac, hummus, any dip really).

Optional additions: Queso fresco, onions, green onions, olives, hard boiled eggs (this would make it more Cobb-y), any dressing your heart desires. Perhaps the best thing of all (aside from this tasty creation, and the Beanitos) was that it took me 35 minutes from start to eat!

Have a healthy fiesta and munch on this!