



Stetson Chopped Salad

Makes: 6 servings

Prep Time: 15 minutes Cook Time: 15 minutes

Total Time: 30 minutes

Ingredients

Dressing:

- 2 cups (packed) fresh basil leaves
- 3/4 cup mayonnaise
- 1 shallot, halved
- 3/4 cup buttermilk
- 1 tbsp fresh lemon juice
- Kosher salt & freshly ground pepper

Trail Mix:

- 1/3 cup grated Asiago cheese
- 1/3 cup dried currants
- 1/3 cup shelled pumpkin seeds

Salad Ingredients:

- 1 10-oz package Israeli couscous, cooked according to package instructions (about 5 cups)
- 3 cups coarsely chopped arugula
- 1 pound plum tomatoes, seeded, diced (about 2 cups)
- 2 grilled chicken breast halves, diced
- 2 cups fresh cooked corn kernels (from about 2 ears) or dried sweet corn (or a combination)

Instructions

Blend basil leaves, mayonnaise, and shallot in processor until smooth. Gradually blend in buttermilk and lemon juice. Season dressing to taste with salt and pepper. (Can be made 1 day ahead. Cover and refrigerate.)

Mix Asiago cheese, currants and pumpkin seeds in medium bowl.

Using 1/6 of couscous, 1/6 of arugula, 1/6 of tomatoes, 1/6 of chicken, 1/6 of corn, and 1/6 of Asiago trail mix, form rows on each of 6 plates. Serve, passing dressing separately.

Original recipe from Cowboy Ciao