



The Butchart Gardens®

▪ OVER 100 YEARS IN BLOOM ▪

NATIONAL HISTORIC SITE OF CANADA

www.butchartgardens.com

Southwest Salad:

Ingredients	Metric	US
Romaine lettuce	700 grams	1 ½ lbs
Red peppers (diced)	300 grams	10 ½ oz
Black beans (drained & rinsed)	180 grams	6 ¼ oz
Grape tomatoes	300 grams	10 ½ oz
Toasted corn nuts	120 grams	4 ¼ oz
Chipotle ranch dressing	250 ml	1 cup

Method:

Wash lettuce, and cut into bite size pieces, and spin in lettuce spinner to dry

Wash and dice red peppers

Drain black beans and rinse with water while still in colander

Wash grape tomatoes and set to side

In a large bowl, lay out dried romaine lettuce

Sprinkle diced red peppers, black bean, grape tomatoes and toasted corn nuts on top

Drizzle with chipotle ranch dressing

Southwest Salad with Chipotle Ranch Dressing

Makes approximately 6 servings
+ 500 ml or 2 cups dressing



Dressing:

Ingredients	Metric	US
Sour cream	300 ml	1¼ cup
Mayonnaise	40 ml	2 Tbsp + 2 tsp
Buttermilk	115 ml	½ cup
Cider vinegar	15 ml	1 Tbsp
Chipotle peppers	60 grams	2 oz
Lemon juice	10 ml	2 tsp
Liquid honey	10 grams	2 tsp
Garlic peeled and minced	3 grams	1 clove
Salt	3 grams	Pinch
Fresh oregano	5 grams	1 tsp
Fresh dill weed	5 grams	1 tsp
Fresh parsley	5 grams	1 tsp
Salt & Pepper to taste		

Method:

Combine all ingredients together and purée until a smooth consistency is achieved. Dried herbs can be substituted if needed

Store in the fridge for up to 7 days