

Mason jar totes these salad-to-go fixings



High-Protein Salad With Cilantro, Jalapeño and Yogurt Dressing, from Rancho la Puerta chef Denise Roa. (Rancho la Puerta photo)

Rancho la Puerta chef creates high-protein salad for busy people

By CHRIS ROSS JUNE 25, 2019 | 2:13 PM

At Rancho la Puerta, a wellness resort and spa in Tecate, Mexico, executive chef Denise Roa has a 6-acre organic farm at her disposal. She says her farm-to-table meals are often inspired by morning walks through the gardens.

Roa also teaches classes at the spa using the fresh produce grown there. The chef created this salad-in-a-jar for a class that's intended to help guests plan healthy, "on-the-go" meals at home. You can pack these salads for lunch at work, or "they are great for summertime outings, especially if you like to hike or picnic," says Roa.

Learn more about Rancho la Puerta on the resort's website, rancholapuerta.com.

High-Protein Salad With Cilantro, Jalapeño and Yogurt Dressing

You'll have extra dressing, which chef Denise Roa says can also be used as a marinade.

Makes 1 salad

For the salad

Handful of chickpeas

Handful of small broccoli crowns

1/4 cup cooked quinoa

1 hard-boiled egg, cut in half

1/2 cup raw, fresh corn

Handful of pumpkin seeds

Handful of Parmesan cheese

Handful of spinach

For the dressing

1 jalapeño, roughly chopped (and seeded if you don't like hot foods)

1/2 cup cilantro or chives

Juice and zest of 2 limes

2 cloves garlic

1 shallot

2 cups yogurt

To make the salad: In a 32-ounce Mason jar, toss in chickpeas to make a nice layer about an inch deep, then a thick layer of broccoli two to three small crowns deep, approximately 1/4 cup of cooked quinoa, the two hard-boiled egg halves, the corn, pumpkin seeds, shredded Parmesan and spinach. You can experiment with how much of each ingredient to use, to suit your taste.

To make the dressing: Place all ingredients in a blender. Turn the blender on low speed, and increase the speed if needed. Blend until smooth. Divide into four 4-ounce jars and refrigerate until you need them.

To serve: The chef recommends putting the salad into a pretty bowl and tossing it with the 4 ounces of dressing. “And always keep in mind gratitude and mindfulness as you chew your food,” she adds.

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