Switch things up this week by serving this colorful salad, made with crisp, fall ingredients. A few steps and a handful of colorful produce will wow dinner guests or add a burst of flavor to any weekday lunch.

Chef Lety Gonzalez of Uptown Tavern, located in the vibrant neighborhood of Hillcrest San Diego, has created a refreshing Mediterranean salad that pairs with a cold, fall brew. Peppery arugula is perfectly balanced with goat cheese, toasted cashews and a sun dried tomato vinaigrette in this seasonal favorite. Put your own twist to it by adding blackened chicken or shrimp and enjoy the holiday season with this lighter recipe!
Uptown Tavern Mediterranean Salad
Recipe courtesy of Lety Gonzalez
Serves 1

Ingredients
Arugula
1 can white beans
1 cup marinated olives
Pickled onions
Goat cheese
Sundried tomato vinaigrette

Pickled Onions
1 cup vinegar
3 cups water
1 cup white sugar
1 tsp pickling spices
2 large onions
1 large red peeled beet
1. Julienne the onions
2. Cut the beet into quarters
3. Place onions and beets into a 4 quart container
4. In a pot heat up the pickling spices, sugar, water and vinegar
5. Bring to a boil and pour into the quart container with the onions and beets

Sun Dried Tomato Vinaigrette
1 large shallot
1 tsp minced garlic
1 cup red wine vinegar
2 cups extra virgin olive oil
½ cup sun dried tomatoes
1. Place the tomatoes, shallot, garlic, red wine into a food processor
2. Slowly blend the oil in until emulsified

Spiced Nuts
1 cup raw cashews
2 tbs curry powder
1. Heat a tablespoon of oil in a pan
2. Toss the cashews and curry powder until roasted to your liking.

Salad Assembly
1. Toss arugula, white beans, salt and pepper in a mixing bowl.
2. Place on a serving dish top with olives, goat cheese, spiced nuts and pickled onions.