

Eat  
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## Chef Recipe: Uptown Tavern Mediterranean Salad

December 6, 2016



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.