

# Roasted Beet Salad with Strawberries, Goat Cheese and Champagne Dill Vinaigrette

SERVINGS: 6

SERVING SIZE: 4 cups



## Ingredients

¾ cup	Pickled Red Onions with Jalapenos
¾ cup	Champagne Dill Vinaigrette
10 oz	Fresh Beets, Red
10 oz	Fresh Beets, Golden
¼ tsp	Kosher Salt
¼ tsp	Black Pepper, Ground
1 each	Fresh Thyme Sprig
9 oz	Fresh French Green Beans
6 oz	Fresh Strawberries, Quartered
6 oz	Arugula Lettuce
6 oz	Frisee Lettuce (Curly Endive)
1 oz	Popcorn Shoots
3 oz	Goat Cheese

## Directions

1. Preheat oven to 350°F oven. Rinse whole beets with tails/stem. Place on a pan and drizzle with olive oil, salt and thyme sprigs. Cover tightly with tin foil and roast until fork tender. Remove from oven allow to cool slightly. Cut off tail and stem.
2. Make Champagne Dill Vinaigrette according to recipe and set aside.
3. Make Pickled Red Onions according to recipe and set aside.
4. Blanch green beans by adding to a large pot of boiling water for 1-3 minutes. Quickly remove and immediately place in an ice bath and cut in half.
5. Combine arugula, frisee, strawberries, beets ad pickled red onions. Season with salt and pepper and toss.
6. Add dressing and toss.
7. Garnish Salad with goat cheese and fresh popcorn shoots.
8. Makes 6, 4 cup servings

Nutritional per serving:

**calories** 250 kcal, **fat** 18 gm, **protein** 6.5 gm, **carbs** 18 g, **fiber** 6 g, **sodium** 420 mg

# Pickled Red Onions with Jalapenos

SERVINGS: 12

SERVING SIZE:  $\frac{3}{4}$  cup



## Ingredients

$\frac{3}{4}$ cup	Rice Wine Vinegar
1 tbsp	Kosher Salt
1 tbsp	granulated sugar
9 oz	Fresh Red Onions, Julienne sliced
2 oz	Fresh Jalapeno Peppers, sliced
$\frac{3}{4}$ cup	Cold Water

## Directions

1. In a small pan, bring vinegar, salt and sugar to a boil. Remove from heat and allow to cool.
2. Place onions and jalapenos in a large mason jar or similar container. Pour the chilled vinegar brine over onions and jalapenos. Add enough water to completely submerge the onions. Cover tightly. Allow to pickle for at least 2 hours prior to service.

Nutritional per serving:

**calories** 10 kcal, **fat** 0 gm, **protein** 0 gm, **carbs** 3 g, **fiber** 0.5 g, **sodium** 120 mg

# Champagne Dill Vinaigrette

SERVINGS: 8

SERVING SIZE: 2 tbsp



## Ingredients

¼ cup Fresh Shallots, Peeled & Chopped  
2 tbsp Fresh Dill, Chopped  
½ tsp Kosher Salt  
1 cup Olive Oil  
1 cup Champagne Vinegar  
2 tsp Dijon Mustard  
½ tsp Fresh Garlic, Peeled & Minced

## Directions

1. Place shallots, garlic, Dijon mustard and vinegar into a blender. With the motor running, slowly add the oil and emulsify. Add the salt and fresh dill and pulse quickly to blend.

Nutritional per serving:

**calories** 125 kcal, **fat** 14 gm, **protein** 0 gm, **carbs** 0.5 g, **fiber** 0 g, **sodium** 70 mg