

## Vince's Roasted Beet Salad with Strawberries and Champagne Dill Vinaigrette

### Pickled Red Onions with Jalapenos: Yields 3 cups

1-1/2 cup	Unseasoned Rice Wine Vinegar
2 tbsp	Kosher Salt
2 tbsp	Granulated Sugar
1-1/2 cup	Cold Water
1 lb, 2 oz	Red Onions, Fresh, Julienne Sliced
1 each	Jalapeno Peppers, Fresh, Sliced

### Champagne Dill Vinaigrette: Yields 2 cups

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

### Salad for 6

3 cups	Roasted Red and Yellow Beets, Diced
9 oz	Beans, Green French, Blanched
6 oz	Strawberries, Quartered
6 oz	Baby Arugula
6 oz	Frisee Lettuce
1 oz	Popcorn Shoots
3 oz	Goat Cheese
1/4 tsp	Kosher Salt
1/4 tsp	Ground Black Pepper



Combine vinegar, salt, sugar and water in a small pot. Bring to a boil and stir to dissolve the salt. Meanwhile, slice onions and jalapenos and place in a jar and pour hot brine over to cover. Chill.

Place all ingredients, except fresh dill and olive oil, in a blender and process. With the motor running, slowly drizzle in olive oil to emulsify. Add fresh dill and salt and blend for 2 seconds.

Mix together arugula, frisee, strawberries, golden beets and ¾ cup of drained pickled red onions. Season with salt and pepper and toss. Drizzle in ¾ cup dressing and toss. Garnish salad with red beets, goat cheese and fresh popcorn shoots.

**Recipe provided by Chef Vince of Miami Marlins**

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
253.4	6.4	18.2	18.3	6.5	494.4	4.2	5.5