

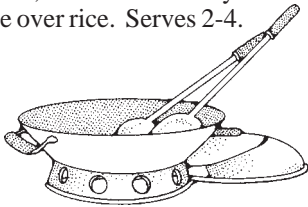
LEMON CHICKEN STIR-FRY

1 lb. skinless, bonelss chicken breasts in bite size pieces
2 TBS oil
1 small can water chestnuts, drained & diced
1 bunch of scallions, sliced diagonally
1 cup cherry tomatoes, sliced in half (optional)

Sauce:

1/2 cup Lemon Shrub
1/2 cup chicken broth
1 clove of garlic, finely diced
1 TBS cornstarch
1/2 tsp. slat

Combine the sauce ingredients in a small bowl. Set aside. Heat the oil on medium high heat in a wok or skillet. When hot, add chicken and stir-fry several minutes until it is cooked through. Add the scallions and stir-fry for another minute. Add the water chestnuts, stir the sauce and add to the skillet, stir well as sauce thickens. If using the cherry tomatoes, fold in at the very last minute. Serve over rice. Serves 2-4.



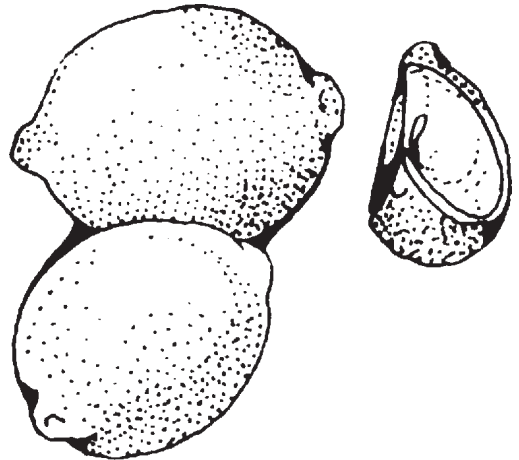
GREEK YOGURT & LEMON SHRUB STRAWBERRY DIP

1 cup Greek style yogurt
2-3 TBS Lemon Shrub

Stir the shrub into the yogurt and serve as a dip for fresh strawberries.



LEMON SHRUB



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ROASTED ASPARAGUS SALAD WITH LEMON VINAIGRETTE

1 lb. asparagus
1 - 2 TBS olive oil
sea salt
5 oz. Romaine Lettuce, torn
1 cup orange segments
1/4 cup pine nuts
1/4 cup red onion, diced (optional)

Dressing:

3 TBS Lemon Shrub
3 TBS water
3 TBS lime juice plus the grated rind
2 TBS canola oil
1/2 tsp. salt
few grinds of black pepper

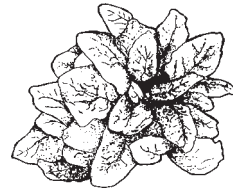
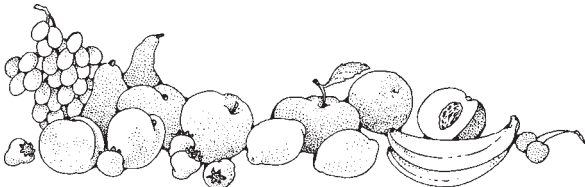
Preheat oven to 400 degrees. Spread the asparagus on a cookie sheet in a single layer. Brush with oil and sprinkle with salt. Roast for 10-15 minutes, or until just tender when pierced with a fork. Set aside to cool while you make the dressing. Beat together the dressing ingredients. When the asparagus has cooled, cut into bite sized pieces. Arrange the Romaine lettuce in a shallow salad bowl. Top with the asparagus and orange segments. Sprinkle with the pine nuts and onions. Drizzle a light coating of dressing over the top. Serve additional dressing on the side. Serves 4-6.



SUMMER SANGRIA

1 cup Lemon Shrub
25 oz. Sauvignan Blanc or Riesling White Wine
1 litre Seltzer
fresh fruit slices (oranges, limes, lemons, blood oranges,
strawberries, peaches, plums...)

In a pitcher or punch bowl combine the shrub and wine with the fruit. Infuse for 1/2 hour. Add ice and seltzer and serve immediately.



SPINACH & STRAWBERRY SALAD WITH LEMON POPPYSEED DRESSING

5 oz. baby spinach leaves
2-3 cups bib lettuce or mesclun mix
1 pt. of strawberries, sliced or cut in half
4-5 radishes, sliced
1/2 cup feta cheese, crumbled

Lemon Poppyseed Dressing:

1/2 cup Lemon Shrub
1 cup canola oil
1 tsp. Dijon mustard
1/2 tsp. salt
a few grinds of black pepper
2 tsp. poppyseeds

To make the dressing put all the ingredients, except the poppyseeds, in a blender and pulse until well combined. Stir in the poppyseeds.

Arrange the spinach and lettuce in a shallow salad bowl. Top with radishes and strawberries. Crumble the feta cheese over the top. Drizzle with the dressing. Serves 4-6.

The Lemon Poppyseed dressing is also very good drizzled over a fresh fruit salad platter or a grain salad with dried fruits & nuts.



LEMON CREAM CHEESE SPREAD

8 oz. cream cheese at room temperature
3 TBS Lemon Shrub

Beat together the shrub and cream cheese until smooth. Serve with gingersnaps.