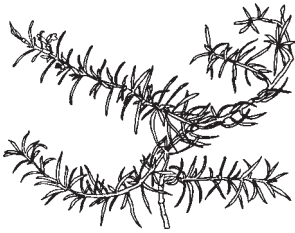




OLIVE & ROSEMARY



ROSEMARY STIR FRIED VEGETABLES

2 small zucchini cut into matchsticks
1 small yellow crookneck squash, cut into matchsticks
1 red bell pepper, cut into strips
1 small onion, cut into slivers
1 clove garlic, finely minced
2-3 T. Tait Farm Olive & Rosemary
salt & pepper to taste
fresh parsley, chopped

Heat the Olive & Rosemary in a large skillet or wok over medium high heat. Add all the vegetables and stir-fry until just tender. Season with salt and pepper. Sprinkle with parsley.

VEGETABLE COUSCOUS SALAD

DRESSING:

3 Tbs. lime juice
¼ tsp. freshly ground black pepper
Grated rind of 1 large lime
1 tsp. salt
¾ cup Tait Farm Olive & Rosemary
2-3 Tbs. fresh dill, minced or 2 tsp. dried
extra fresh dill for garnishing

SALAD:

½ cup diced sweet onion 2 cups couscous
1 Tbs. olive oil 1 cup crumbled feta cheese
4 cups chicken broth
1 lb. Asparagus, Broccoli or Green Beans sliced into 1 inch diagonal pieces

Whisk together dressing ingredients and set aside. In a saucepan, fry onions in 1 Tbs. of oil until translucent. Add broth and bring to a boil. Add couscous and stir. Cover pot and remove from heat. Set aside for 5 minutes, and then fluff with a fork. Cover pot. Wait another 5 minutes and fluff again, this time remove the lid and allow couscous to cool. Blanch the vegetables in salted, boiling water for 2 minutes. Plunge vegetables into cold water to stop cooking process. Drain very well. When couscous and vegetables are at room temperature, combine them with the feta cheese. Whisk the dressing well and add to the other ingredients. Sprinkle fresh dill overall. Refrigerate or serve immediately at room temperature. Serve 6-8.

SPINACH & APPLE SALAD WITH ROSEMARY DRESSING

8 cups spinach torn into bite sized pieces...You may substitute mesclun (spring mix) for the spinach.
2 apples, thinly sliced
2-3 scallions, sliced (optional)
½ cup walnut halves

Dressing:

¼ cup Tait Farm Olive & Rosemary Oil
2 Tbs. apple cider vinegar
¼ tsp. sugar or honey
¼ tsp. salt
Pinch of freshly ground black pepper
1 small clove of garlic, minced

Whisk together the dressing ingredients and pour over the salad ingredients. Toss well and serve immediately. Serves 4.