

## ITALIAN PICNIC SANDWICH

Crusty artisan style bread - focaccio and ciabatta work well or any "flat" rustic loaf

Roasted red bell peppers

Chopped olives - green, black or both

Sliced cheese - provolone, fontina or asiago work well

Sliced deli meat - turkey, roast beef, Italian ham, salami, mortadella

### Tait Farm Herbal Balsamic Vinaigrette

Slice the loaf in half horizontally. Brush both cut sides of the bread generously with vinaigrette. On the "bottom" half, layer as follows:

roasted peppers

meat of choice

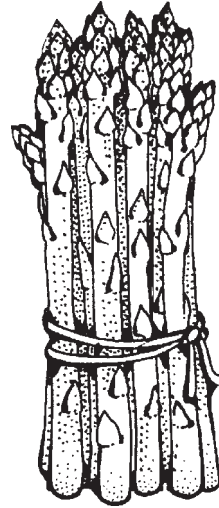
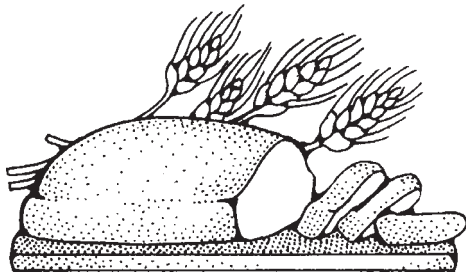
cheese

olives

Put the "lid" on. Wrap tightly in plastic wrap and refrigerate. Slice into individual sandwich lengths when ready to serve (or square if using focaccio).

The sandwiches can be made a day ahead.

**Vegetarian Option:** Instead of meat use grilled or roasted vegetables such as eggplant or squash.



## ASPARAGUS & WHITE BEAN SALAD

4 cups cooked white beans, rinsed & drained

1 lb. fresh asparagus, cut into 1/2" pieces

1 cup cherry tomatoes, cut in half

3/4 cup pitted black olives

chopped fresh parsley

### Tait Farm Herbal Balsamic Vinaigrette

Blanche the asparagus in boiling, salted water for two minutes. Drain and submerge in cold water until cool to the touch. Drain well. Combine asparagus with beans, tomatoes, olives and fresh, chopped parsley. Drizzle with Herbal Balsamic Vinaigrette. Season to taste with salt and pepper.

**Seasonal Variation:** Use fresh green beans instead of the asparagus.

For more information, please contact us at:

179 Tait Rd.

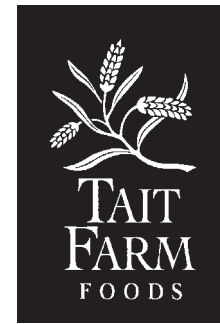
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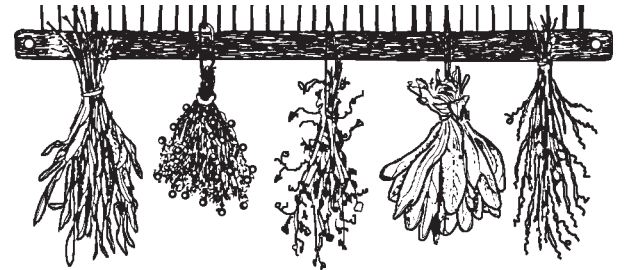
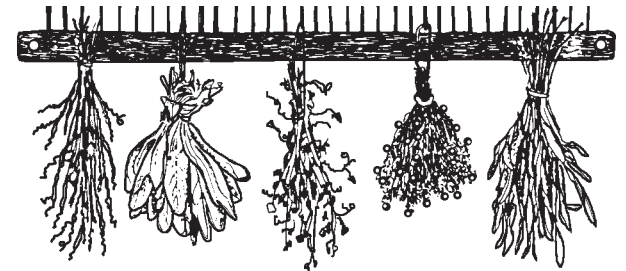
Harvest Shop: (814) 466-3411

e-mail: [taitfood@earthlink.net](mailto:taitfood@earthlink.net)

[www.taitfarmfoods.com](http://www.taitfarmfoods.com)



# HERBAL BALSAMIC VINAIGRETTE



## GRILLED VEGETABLE AND BEAN SALAD

**Vegetables** - choose from: zucchini, bell peppers, sweet onions, asparagus, yellow squash, eggplant

**Cooked Beans** - white, black, pinto or combination

**Tait Farm Herbal Balsamic Vinaigrette**

Fresh parsley, chopped

Slice chosen vegetables 1/4 - 1/2 inch thick. Brush with olive oil and sprinkle with salt. Grill until crisp & tender. Coarsely chop grilled vegetables and toss with beans, parsley and vinaigrette. Add salt and pepper to taste.

**Option:** do not chop grilled vegetables. Arrange slices over the beans. Drizzle with the vinaigrette and sprinkle with chopped parsley.



## BALSAMIC PASTA SALAD

8 oz. multigrain pasta (rotini or penne)

1 cup chopped tomatoes

1 cup pitted kalamata olives

A handfull of fresh basil, coarsely torn

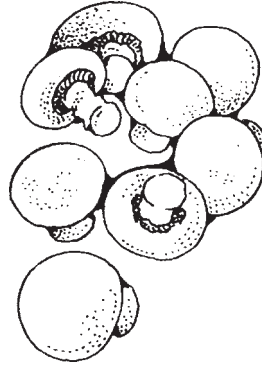
1/2 - 3/4 cup of **Tait Farm Herbal Balsamic Vinaigrette**

Cook the pasta according to the directions. Drain and cool to room temperature. Add the other ingredients and pour on a generous amount of the vinaigrette to coat. Serve immediately. Serves 4

### Notes:

Substitute parsley for the basil.

The salad will absorb the dressing as it sits, so if you plan to hold the salad for a length of time, add a bit more of the vinaigrette before serving.



## WARM MUSHROOM & SPINACH SALAD

6 oz. baby spinach washed and drained

8 oz. baby bella mushrooms, sliced

1/2 cup sweet onion, sliced in half moons

1 large clove garlic, finely diced

1 TBS olive oil

1/2 cup crumbled blue cheese

**Tait Farm Herbal Balsamic Vinaigrette**

Heat the oil in a skillet. Add the mushrooms, onions and garlic. Saute a few minutes, until the mushrooms and onions start to soften. Combine with spinach and cheese while mushrooms are still slightly warm. Sprinkle on some Herbal Balsamic Vinaigrette. Serve immediately. Serves 4.

### Substitutions:

Substitute regular spinach for the baby spinach.

Substitute gorgonzola or feta cheese for the blue cheese.



## TOMATO BREAD SALAD

2 cups rustic bread, cubed

1 lb. fresh tomatoes, cut into 3/4" chunks

1/4 cup pitted black kalamata olives

1/4 cup fresh basil, chopped

1 clove garlic, minced

3+ TBS **Tait Farm Herbal Balsamic Vinaigrette**

### Optional:

1 TBS fresh majoram chopped

Combine all ingredients in a bowl. Toss well to combine and let stand for 15 minutes to allow bread to soak up dressing and juices. Serves 2

### Notes:

A coarse, chewy bread is best.

Using several varieties of tomatoes is nice.

