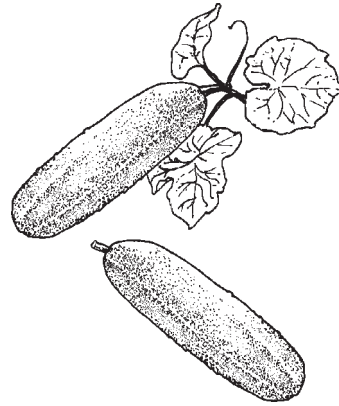
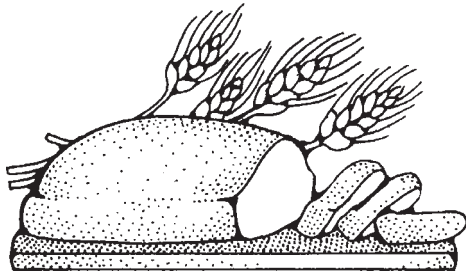


FISH FLORENTINE

- 1 lb. fresh spinach, washed & chopped
- 1 small onion, minced
- 1 clove of garlic, minced
- 2 TBS olive oil
- 1 lb. skinless, boneless fish fillets
(haddock, perch, halibut, sole, salmon)
- salt & pepper
- Tait Farm Foods Lemon Vinaigrette
- paprika

Preheat oven to 375 degrees. Lightly butter or oil a shallow baking dish. Warm the olive oil over medium heat. Add the onion and stir fry for a few minutes. Add the garlic and spinach. Sprinkle with salt and pepper. Stir fry until the spinach has wilted and released most of its liquid. Spread the spinach evenly in the baking dish. Arrange the fish on top. Drizzle with the vinaigrette. Dust with paprika. Bake until the fish flakes (about 10 to 20 minutes, depending on the thickness of the fish).
Serves 2-3.

Variation: Sardine Tapas
Do the same as above, but use small shallow tapas style dishes. Arrange small sardines (drained) on top of the spinach. Drizzle with vinaigrette and bake until warmed through. Serve with toasted, crusty bread.



TABBOULEH

- 1 cup bulghur wheat
- 2 cups hot water
- 1 cup chopped tomatoes
- 1 cup diced cucumber
- 1/2 cup chopped fresh mint
- 1/2 cup chopped fresh parsley
- 1/2 tsp. salt
- freshly ground black pepper to taste
- 6 TBS Tait Farm Foods Lemon Vinaigrette
- Optional: 1/2 chopped sweet onion

Pour the hot water over the bulghur and set aside to cool and expand. In the meantime, prepare the vegetables and herbs. After 1/2 hour drain the bulghur of any residual water, pressing down to extract as much liquid as possible. Combine with all the other ingredients and add the vinaigrette. Season to taste. Chill until ready. Serve on its own as a side dish, or as a salad in lettuce cups.
Serves 4 to 6.

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LEMON VINAIGRETTE

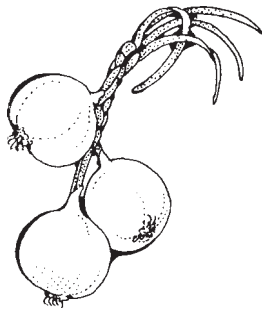


WHITE BEAN AND TOMATO SALAD WITH LEMON VINAIGRETTE

3 cups cooked white beans (cannellini or great northern),
rinsed & drained
2 cups of diced tomatoes
1 large clove of garlic, minced
1/2 cup Tait Farm Foods Lemon Vinaigrette
salt & freshly ground pepper, to taste
1/2 cup fresh Italian parsley, chopped

Combine all ingredients, season to taste, adding more vinaigrette if needed. Serve at room temperature.
Serves 4.

Variation:
Add drained solid light tuna and pitted black kalamata or nicoise olives.



MEDITERRANEAN POTATO SALAD

2-1/2 lb red or white potatoes, peeled & cubed
1/2 cup diced sweet onion
1/4 cup capers
1/2 cup Tait Farm Foods Lemon Vinaigrette
salt & pepper to taste
1/2 cup parsley

Boil the potatoes in salted water until the potatoes are easily pierced with a small knife. Drain. Pour the vinaigrette over the potatoes while they are still warm. Add the capers and onions. Toss to coat all ingredients with the vinaigrette. Cool to room temperature. Add salt and pepper to taste along with the parsley. Add more vinaigrette if desired (the potatoes will absorb the dressing as they cool). Serve at room temperature.
Serves 4.

LEMON GREEK SALAD

1 package fresh baby spinach
1/4 cup Tait Farm Lemon Vinaigrette (or to taste)
1/2 cup crumble feta cheese
3 TBS pine nuts (optional)

Place washed and dried spinach in a bowl. Add the Lemon Vinaigrette and toss. Garnish with feta cheese and pine nuts.



LENTIL SALAD WITH WALNUTS & CURRANTS

1 cup Puy lentils (tiny French lentils, use regular lentils if unavailable)
6 cups water
1 clove of garlic, sliced in half
1 bay leaf
1/2 tsp. salt or to taste
2/3 cup chopped walnuts
1/3 cup dried currants
1/2 cup chopped fresh parsley
1/4 cup minced chives **or** sliced scallions **or** minced sweet onion
1/2 cup Tait Farm Foods Lemon Vinaigrette

Combine the lentils, garlic, bay leaf and water. Bring to a boil, reduce heat to a simmer and cook partially covered until lentils are just tender. Times for cooking lentils can vary from 20 to 45 minutes, depending on size and age of lentils. Drain and cool, discarding the garlic and bay leaf. Add all the other ingredients. Add salt to taste. Serve at room temperature.
Serves 4.

LEMON CAPER CHICKEN

4 boneless, skinless chicken breast
or
12 chicken tenders
2 TBS capers
1 TBS minced garlic
1/3 cup Tait Farm Foods Lemon Vinaigrette
paprika
salt and pepper to taste

Place chicken in a shallow baking dish. Sprinkle garlic and capers evenly over the chicken. Drizzle Vinaigrette over it all. Dust with paprika. Bake uncovered at 350 degrees for 30 to 45 minutes. Serve with rice or cous cous.
Serves 4.

Note: You may use whole chicken pieces with skin & bones. Bake an hour or until cooked through.



AVOCADO AND ORANGE SALAD WITH LEMON VINAIGRETTE

4 cups torn romaine or boston lettuce
1 small bulb of fennel, sliced
1 avocado, diced in large chunks
1 large navel orange, separated into segments with the membrane removed
Tait Farm Foods Lemon Vinaigrette

Arrange the lettuce on a shallow platter or on individual salad plates. Layer the sliced fennel, orange segments and avocado on top of the lettuce. Drizzle with the Lemon Vinaigrette. Garnish with some chopped fennel fronds.
Serves 4.