



# Warm Winter Salads

## Lentil and Roasted Root Vegetable Salad

8 oz. of lentils (French green lentils preferred)  
1/2 lb. carrots  
4 large beets (Tait Farm rainbow variety are especially nice)  
baby spinach  
1/2 C.+ chopped fresh parsley  
walnuts or crispy fried onions for garnish  
Greek yogurt

### Dressing:

1/2 C. Tait Farm Garlic Vinaigrette  
1 tsp. ground cumin  
1 tsp. ground coriander  
salt and pepper to taste



- ~ Prepare the lentils according to package instructions. (do not overcook) Drain well.
- ~ Cut the beets in half if they are large and wrap in foil. Roast until tender. (about 45 minutes). When cool enough to handle, slip off the skin and cut into bite sized chunks.
- ~ Cut the carrots in bite sized chunks, drizzle with oil, sprinkle with salt. Roast in a single layer, on a baking sheet until tender. (about 45 minutes)
- ~ Whisk together the dressing ingredients and pour over the lentils and vegetables while they are still warm. Add the chopped parsley.
- ~ Arrange the spinach around the edge of a shallow platter. Mound the salad in the center. Garnish with walnuts and/or crispy onions.
- ~ Serve the yogurt on the side.
- ~ Serves 6 - 8

### Notes:

Other vegetables can also be used: parsnips, rutabaga, sweet potatoes, butternut squash.  
This salad can be made ahead and refrigerated. Bring to room temperature before serving.

## Warm Mushroom Salad with Herbal Balsamic Vinaigrette

6 C. of mixed greens (such as: arugula, mesclun, spinach, endive, radicchio, spring mix)  
12 oz. of sliced mixed mushrooms (button, baby bella, shiitake, oyster)  
2 Tbs. oil  
2 cloves of garlic, minced  
2 shallots, finely chopped  
2 Tbs. fresh parsley, chopped  
Tait Farm Herbal Balsamic Vinaigrette

- ~ In a skillet, heat the oil over medium high. Add shallots, garlic and mushrooms. Saute until the mushrooms are tender and most of the liquid has evaporated.
- ~ Add the chopped parsley and about 1/4 C. of the vinaigrette. Stir to coat.
- ~ Arrange the greens on individual plates or on a salad platter. Spoon the mushrooms over the greens.
- ~ Serve immediately.
- ~ Serves 4



## White Bean and Bacon Salad

- (adapted from a recipe by the great Jacques Pepin)
- 2 cans of white beans, well rinsed and drained  
8 oz. pancetta or thick cut bacon, diced  
1 medium onion, chopped  
1 large clove of garlic, chopped (Jacques uses 6 cloves!)  
1/2 C. fresh parsley, chopped  
6 Tbs. Tait Farm Lemon or Garlic Vinaigrette  
**optional:** a bed of chopped dark greens such as spinach, arugula, mesclun or kale
- ~ Saute the pancetta or bacon over low heat until it has rendered out. Add the onions and garlic and stir until the onions are wilted. Pour it, fat and all, over the beans.
  - ~ Add the vinaigrette and parsley.
  - ~ Serve warm or at room temperature.
  - ~ Serves 4 - 6