

CHIPOTLE BEAN DIP

2 cups cooked pinto beans, rinsed & drained
(2-14oz. cans)
2 Tbs. canola or olive oil
½ cup red bell pepper, finely minced
2 Tbs. finely minced onions or scallions
1 clove of garlic, finely minced
1/4 tsp. cayenne pepper
1/2 tsp. salt
freshly ground black pepper to taste
6 Tbs. Tait Farm Cherry Chipotle Sauce

Heat the oil in a small skillet. Stir fry the peppers, onions and garlic for 2-3 minutes...until wilted but not brown. In the bowl of a food processor combine this mixture with the rest of the ingredients. Process until smooth and creamy. Serve with tortilla chips or vegetables.

Variation: Follow the above instructions. Stir in 2 cups shredded cheddar cheese. Pour into a small, greased casserole and bake at 350 degrees until heated through and bubbly...or put into a microwave and do the same.

CHERRY CHIPOTLE DIP

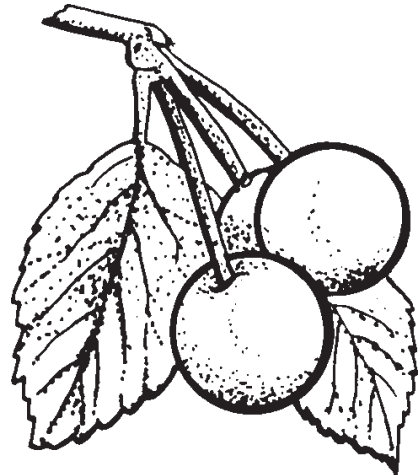
1 lb. (1 pt.) sour cream
½ cup minced red pepper
2 scallions, finely chopped
6 T. Cherry Chipotle sauce
½ tsp. salt
¼ tsp. cayenne pepper
1 small clove of garlic, minced

Mix all ingredients together. Chill for at least an hour.
Serve with tortilla chips

For more information, please contact us at:
179 Tait Rd.
Centre Hall, Pa 16828
(814) 466-2386 or (800) 787-2716
Harvest Shop: (814) 466-3411
e-mail: taitfood@earthlink.net
www.taitfarmfoods.com



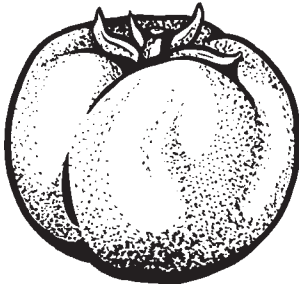
CHERRY CHIPOTLE



CHERRY CHIPOTLE WITH POLENTA AND BLACK BEANS

1 cup corn grits
1 cup grated Monterey Jack cheese
1 cup corn (fresh or frozen)
1 avocado, sliced
2 cups cooked black beans, heated
Tait Farm Cherry Chipotle Sauce

Bring 3 cups of water to a boil, add ½ tsp. salt. Stir in corn grits and corn, reduce heat. Cover and simmer for 5-10 minutes stirring occasionally. When polenta is thick and creamy, dish out a generous portion (¾ cup) in the center of a plate, top with warm black beans, add grated cheese, drizzle with Cherry Chipotle Sauce. Garnish with avocado slices and fresh cilantro.
Serves 4.



CHIPOTLE AIOLE

1 cup mayonnaise
1 large clove of garlic minced
3Tbs. Tait Farm Cherry Chipotle
½ tsp. salt
1 Tbs. extra virgin olive oil
Optional: pinch of cayenne pepper
*1/3 C sundried tomatoes

Soak the sundried tomatoes in boiling water for 10 minutes. Drain well and chop. Put all ingredients into the bowl of a food processor. Pulse until well blended.

*You can use sundried tomatoes packed in oil. If you do, omit the olive oil in the recipe.

Serve with raw veggies, breadsticks, cold shrimp, cold tortellini or whatever strikes your fancy. It is lovely with cold salmon, chicken and avocados.

CHIPOTLE GAZPACHO

46 oz. tomato juice
1 cup Tait Farm Chipotle Sauce
1 ½ cups corn (fresh or canned)
1 ½ cups cucumber, diced (we like European style cucumbers)
1-½ cups fresh tomatoes, peeled, seeded and diced
1 small clove of garlic, pressed through a garlic mincer
2 scallions, finely minced
2 tsp. ground cumin
1/8 tsp. cayenne pepper

Combine all ingredients in a large container. Chill at least 3 hours or overnight. Serve very cold, garnished with some chopped avocado or cucumber.

Makes 10 cups.

ASPARAGUS SALSA

1 cup cooked asparagus, chopped
1 small clove garlic, minced
1 cup tomato, chopped
¼ tsp. salt or to taste
½ cup Vidalia onion, finely chopped
1/8 tsp. cayenne pepper
juice & grated rind of ½ small lime
1/8 tsp. ground cumin
1/3 cup Tait Farm Cherry Chipotle sauce
freshly ground black pepper to taste
cilantro for garnish

Mix all ingredients together. Allow to sit one hour for flavors to meld. Excellent served with grilled fish, chicken, or tortilla chips.

CHERRY CHIPOTLE SUMMER SALAD

2 cups cooked rice
½ cup cooked wild rice (optional)
1 cup cooked black beans
1 cup cooked sweet corn
1 ½ cups cooked shrimp or chicken cut into ¾" chunks
1 tomato, roughly chopped
1 sweet red pepper, chopped
2 Tbs. chopped parsley
1 Tbs. chopped cilantro (optional)

Toss and chill all ingredients and dress with Tait Farm Cherry Chipotle to taste before serving.