

SALMON WITH CHERRY CHIPOTLE SAUCE

1 tsp butter, softened
½ tsp all purpose flour
1½ tsp honey
1 clove garlic, minced (1 tsp)
2 tsp minced fresh cilantro
dash salt
1/8 tsp ground cumin
1 tsp minced canned chipotle chile in adobo sauce
2 tbsp **Tart Is Smart™** Tart **Cherry** Concentrate
2-8oz salmon fillets



Mix butter and flour; set aside. Combine cherry concentrate, honey, garlic, chipotle, salt and cumin in shallow dish. Add salmon fillets; let marinate 15 minutes, turning once. Preheat broiler, spray with non-stick cooking spray. Broil salmon about 11 minutes, turning once, basting with excess marinade, until cooked throughout. In 8-inch skillet boil remaining marinade over medium heat; cook about 6 minutes, stir often. Reduce heat, stir in butter-flour paste for 1 minute. Stir in cilantro. Place salmon on serving dish; spoon cherry chipotle sauce on top, serve immediately. Makes 2 servings.

REFRESHING BLUEBERRY SMOOTHIE

2 tablespoons **Tart Is Smart™**
Blueberry Concentrate
1 ½ cups skim milk
1 cup ice cubes
1 teaspoon powdered lemonade mix
1 ½ cup frozen mixed berries



Combine blueberry concentrate, skim milk (can be replaced with water) ice, and lemonade powder in blender. Cover and blend until smooth. Uncover, and gradually add berries, blending until smooth.

Serve immediately. Makes 2 cups.

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Meet The Taylor Family

Amid the gently rolling hills of Eastern Washington, the Taylor family orchards have been thriving for more than 40 years. Each spring, as far as the eye can see, the white blossoms of cherry trees ripple in the breeze.

For Ivan and Corette Taylor and their seven daughters, this fertile Basin City farmland is home. Here, they take pride in raising the juicy, ruby red cherries, bursting with nutrients that go into Tart Is Smart™ products.

A love of the land comes naturally to Ivan, a fourth generation farmer, and he has passed this heritage along to his daughters. Together, this family is sharing the bounty of their crops with health-conscious consumers. Their cherry concentrate products, brimming with antioxidants and natural melatonin, promote "healthy mind, healthy body".

So, when you think of Tart Is Smart™, think of the sunny Washington cherry orchards, tended with care for decades by a family whose pride and love of the land insure quality in every product.



Did you Know

- There are about 7,000 **Cherries** on an average tart cherry tree.
- It takes about 250 **Cherries** to make a cherry pie.
- Tart **Cherries** contain Antioxidants for a Healthy Mind & Body!
- One tablespoon of **Blueberry** Concentrate equals 1 cup of fresh blueberries.
- **Blueberries** are the 2nd most popular berry in the United States.
- **Blueberries** are a good source of Vitamin C and fiber