

Dunbar's®



Moody Dunbar, Inc.

is proud to offer the highest quality pepper, pimiento and sweet potato products to retailers, restaurants, and manufacturers across the country. Founded in 1933 by Thomas Moody Dunbar, our mission is to provide our customers the safest, highest quality, and most dependable year-round supply of products made from 100% American sourced ingredients. Today, Moody Dunbar, Inc. is owned and operated by second and third generation family members who value the company's legacy and reputation.

We provide products sourced from Non-GMO crops that are gluten free, Kosher certified, and 100% domestic. Our two processing facilities, located in Dunn, North Carolina and Saticoy, California, assure consistent quality and year-round supply. We are proud to have built strong and consistent relationships with our growers in North Carolina and California over multiple generations.

We hope you enjoy a few of our delicious recipes. From traditional to contemporary, Southern to Italian fare; we believe there is something for everyone to enjoy. You will find classics that you can't live without and some new creations we hope you will try. Our products are perfect for creating an inspiring menu or for simply crafting something delicious at home. The options are endless! All of these recipes have been developed and tested by professional chefs or food stylists for your enjoyment.

Our products can be found in retailers and through major distributors across the country. Look for our brands: Dromedary®, Dunbars® and Nature's Pride®. We are also a major supplier of store branded and private label products.

For more information about our products:

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Moody Dunbar, Inc.
America's Best Sweet Bell Peppers,
Roasted Peppers, Pimientos & Sweet Potatoes
Family Owned Since 1933







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Creamy Classic Pimiento Cheese

- 8 oz. extra-sharp orange cheddar cheese
- 8 oz. sharp white cheddar cheese
- 1/4 cup mayonnaise
- 2 (4-oz.) jars or 1 (7-oz.) jar diced or sliced Dromedary® pimientos, drained and rinsed
- 1 tablespoon sour cream
- 2 teaspoons Worcestershire sauce
- Dash of hot sauce, if desired

Grate orange cheddar using the large holes of a box grater, grate white cheddar using the small holes of box grater. Stir together mayonnaise and next 4 ingredients. Stir in both cheeses until well blended. Serve immediately, or cover and chill up to 3 days.

Serve with crackers, fresh cut vegetables, or on sandwich or burger.

Makes about 2 cups

Active: 15 min.

Total: 15 min.

For a smaller portion size, reduce ingredients by half and use 2 (2-oz) jars or 1 (4-oz) jar diced or sliced Dromedary® pimientos.



Pimientos

Baked Pimiento Cheese Dip

16 oz. cream cheese, softened
8 oz. Cheddar cheese, shredded
8 oz. Colby-jack cheese, shredded
2 (4-oz.) jars or 1 (7-oz.) jar diced or sliced
Dromedary® pimientos, drained & rinsed
1/4 cup sour cream
3 tablespoons canned jalapenos, chopped
1 tablespoon hot sauce

Mix all ingredients into large bowl. Spoon into greased two quart baking dish. Bake at 350 degrees for 25 minutes. Serve warm with tortilla chips or crackers.

Makes 12 servings.

Active: 15 min.

Total: 40 min.

For a smaller portion size, reduce ingredients by half and use 2 (2-oz) jars or 1 (4-oz) jar diced or sliced Dromedary® pimientos.

Pimientos





Ultimate Pimiento Mac and Cheese

- 1 (16-oz.) package elbow pasta
- 2 tablespoons butter
- 3 tablespoons flour
- 1 cup milk
- 1 (12-oz.) can evaporated milk
- 12 oz. sharp cheddar cheese, grated and divided (3 cups)
- 3 oz. cream cheese, softened
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground red pepper
- 2 (4-oz.) jar 1 (7-oz.) jar diced or sliced Dromedary® pimientos, drained and rinsed

Preheat oven to 350 degrees. Prepare pasta according to package directions. Melt butter in a large saucepan over medium heat. Whisk in flour and cook, whisking constantly for 1 minute. Gradually, whisk in milk and evaporated milk; cook, whisking constantly, 3 to 5 minutes or until thickened. Remove from heat and whisk in 2 cups cheddar, cream cheese, salt, and red pepper, whisking until cheese is melted and smooth. Fold in pimientos and cooked pasta. Pour into a lightly greased 3-quart baking dish. Sprinkle with remaining 1 cup cheddar cheese. Bake at 350 degrees for 20 to 25 minutes until golden and bubbly. Let stand 5 minutes before serving.

Makes 8 servings
Active: 20 minutes
Total: 45 minutes

Pimientos

Warm Bacon-Pimiento Potato Salad

2 lb. baby yellow potatoes, halved
6 thick-cut bacon slices, chopped
3 large shallots, chopped
1 large garlic clove, minced
1 (4-oz.) jar diced or sliced Dromedary®
pimientos, drained and rinsed
1/4 cup cider vinegar
2 teaspoons whole-grain Dijon mustard
3 tablespoon coarsely chopped fresh dill

Cook potatoes in boiling salted water to cover in a Dutch oven over medium heat 10 to 15 minutes or until tender; drain well.

Cook bacon in a large deep skillet over medium heat 8 to 10 minutes or until just beginning to crisp. Carefully drain drippings, reserving about 3 tablespoons in skillet. Stir in shallots and garlic, and sauté 2 minutes. Add pimientos and next 2 ingredients, scraping to loosen particles from bottom of skillet. Stir in potatoes, dill, and salt and pepper to taste. Serve warm or at room temperature.

Makes 8 servings

Active: 20 min.

Total: 25 min.

For a smaller portion size, reduce ingredients by half and use 1 (2-oz) jar diced or sliced Dromedary® pimientos.

Pimientos





Pimiento Deviled Eggs

- 12 large eggs
- 1 (4-oz.) jar diced Dromedary® pimientos, drained and rinsed
- 1/3 cup mayonnaise
- 1 tablespoon finely chopped fresh parsley
- 1 tablespoon chopped fresh chives
- 2 teaspoon Dijon mustard
- 1/8 teaspoon salt

Place eggs in a single layer in a stainless steel saucepan. Add water to depth of 3 inches. Bring to a boil; cook 1 minute. Cover, remove from heat, and let stand 8 minutes. Drain. Place eggs under cold running water until just cool enough to handle. Tap eggs on counter until cracks form on shells; peel. Reserve 2 tablespoons pimientos. Slice eggs in half lengthwise, and carefully remove yolks. Mash together yolks, mayonnaise, and next 4 ingredients until smooth, using a fork. Fold in remaining pimientos. Spoon or pipe yolk mixture into egg white halves. Garnish with reserved pimientos. Serve immediately, or cover and chill 1 hour before serving.

Makes 12 servings

Active: 20 min.

Total: 30 min

For a smaller portion size, reduce ingredients by half and use 1 (2-oz) jar diced or sliced Dromedary® pimientos.

Pimientos

Smokey Pimiento Hummus

- 1 (4-oz.) jar diced Dromedary® pimientos, drained and rinsed
- 6 tablespoon extra-virgin olive oil, divided
- 2 (16-oz.) cans chickpeas, drained and rinsed
- 1/2 cup tahini
- 1/4 cup fresh lemon juice
- 2 tablespoon fresh oregano leaves
- 1 large garlic clove
- 1 teaspoon salt
- 1 ½ teaspoon smoked paprika
- Cucumber spears or crackers

Reserve 2 tablespoons pimientos. Process remaining pimientos, 4 tablespoons oil, chickpeas, and next 6 ingredients in a food processor or blender until very smooth, stopping to scrape sides. Chill until ready to serve. To serve, spoon mixture into a shallow bowl; top with remaining 2 tablespoons oil and reserved pimientos. Serve with cucumber spears or crackers. Garnish with oregano leaves, if desired.

Makes 8 servings

Active: 15 min.

Total: 15 min.

For a smaller portion size, reduce ingredients by half and use 1 (2-oz) jar diced or sliced Dromedary® pimientos.

Pimientos





Pimiento-Arugula Pasta Salad

- 1 (16-oz.) package penne pasta
- 1/3 cup olive oil
- 1/4 cup red wine vinegar
- 1 large shallot, finely chopped
- 1 garlic clove, minced
- 2 teaspoon honey
- 2 (4-oz.) jars or 1 (7-oz.) jar diced or sliced Dromedary® pimientos, drained and rinsed
- 1/2 cup torn Kalamata olives
- 4 oz. feta cheese, crumbled
- 1/3 cup sliced fresh basil
- 1/2 (4-oz.) package arugula

Prepare pasta according to package directions.
Rinse with cold running water; drain well.

Whisk together olive oil and next 4 ingredients in a large bowl; season with salt and pepper to taste. Fold pasta, pimientos, and next 3 ingredients into oil mixture. Cover and chill until ready to serve. Stir in arugula just before serving.

Makes 8 servings

Active: 15 min.

Total: 25 min.

For a smaller portion size, reduce ingredients by half and use 2 (2-oz) jars or 1 (4-oz) jar diced or sliced Dromedary® pimientos.

Pimientos

Pimiento Cheeseburger

1-1 ½ pounds ground chuck (80 percent lean)
¼ teaspoon garlic powder
¼ teaspoon onion salt
Kosher salt and freshly ground black pepper
2 teaspoons Worcestershire sauce
1 teaspoon soy sauce

Mix ground chuck, seasoning, Worcestershire and soy sauce in large bowl. Divide the meat into 4-6 loosely formed burgers, about ¾ inch thick. Grill burgers on medium high heat until cooked to desired degree of doneness (3-4 minutes on each side for medium rare).

Suggested Pimiento Cheese Recipe: Stanley's Pimiento Cheese

16 oz. Colby Jack Cheese, shredded
2 (4-oz) jars or 1 (7-oz.) diced or sliced Dromedary® pimientos, drained and rinsed
¼ cup mayonnaise
1 tablespoon sour cream
2 teaspoons Worcestershire sauce
Dash of hot sauce, if desired

Mix all ingredients into a large bowl. Chill for at least 1 hour. Top burger with pimiento cheese. Add additional toppings as desired.

For a smaller portion size of pimiento cheese, reduce ingredients by half and use 2 (2-oz) jars or 1 (4-oz) jar diced or sliced Dromedary® pimientos.

Pimientos



Three-Cheese Chicken & Pimiento Pasta

- 3 cup bowtie pasta
- 1 pound chicken breasts, cut into ½ in. pieces
- 3 teaspoon olive oil
- 3 garlic cloves, minced
- ¼ cup butter
- ½ cup flour
- 2 cup milk
- 3 (4-oz.) jars or 2 (7-oz.) jars diced or sliced Dromedary® pimientos, drained and rinsed
- 1 c. shredded Mozzarella cheese
- 1 c. shredded Provolone cheese
- 2 c. grated Parmesan cheese (keep 1 c. separate)

Cook pasta according to package. Drain and set aside. Sauté chicken in olive oil until cooked. Set aside. In a Dutch oven, sauté garlic in butter for 1 minute. Stir in flour and milk until blended. Bring to a boil; stir until thickened. Reduce heat. Stir in the pimientos, mozzarella, provolone, 1 c. Parmesan, and chicken. Add pasta. Pour into 2 qt. casserole dish. Top with remaining Parmesan cheese. Bake at 350° for 25 minutes.

Yields 8 servings.

Pimientos

Creamy Chicken Lasagna

- 1 tablespoon butter
- 1/2 large onion, diced
- 1 cup mushrooms, sliced
- 10 oz. can cream of chicken soup
- 16 oz. jar Alfredo sauce
- 1 (4-oz.) jar diced or sliced Dromedary® pimientos, drained and rinsed
- 1/3 cup dry white wine
- 1/2 teaspoon dried basil
- 10 oz. frozen spinach, thawed
- 15 oz. ricotta cheese
- 1/2 cup parmesan, grated
- 1 large egg, lightly beaten
- 9 lasagna noodles, cooked
- 2-1/2 cup cooked chicken, shredded
- 3 cup sharp cheddar, shredded

Melt butter in skillet over medium-high heat. Add onion and mushrooms; sauté until tender. Stir in soup, Alfredo sauce, pimientos, wine and basil. Reserve one-third of sauce for top of lasagna. Drain thawed spinach well by pressing between layers of paper towels. Stir spinach, ricotta, parmesan and egg together. Place 3 noodles in a lightly greased 13- x 9-inch baking dish. Layer with half each of the remaining sauce, ricotta mixture and chicken. Sprinkle with 1 cup of the cheddar. Repeat procedure. Top with the last 3 noodles and reserved sauce. Bake at 350° for 45 minutes. Sprinkle with remaining cheddar and bake for 5 minutes or until cheese is melted. Let stand 10 minutes before serving.

Yield: 8 to 10 servings.

Chicken with Basil Cream Sauce

- 1/4 cup milk
- 1/4 cup dry bread crumbs
- 4 boneless, skinless chicken breasts
- 3 tablespoon butter
- 1 tablespoon olive oil
- 1/2 cup chicken broth
- 1 cup heavy whipping cream
- 1 (4-oz.) jar diced or sliced Dromedary® pimientos, drained and rinsed
- 1/2 cup parmesan, grated
- 1/4 cup fresh basil, minced
- 1/8 teaspoon pepper
- 1 teaspoon cornstarch

Place milk and bread crumbs in separate shallow bowls. Dip chicken in milk, then coat with bread crumbs. In skillet over medium heat, brown chicken on both sides in butter and olive oil. Set aside and cover to keep warm. Add broth to the same skillet you used for browning the chicken. Bring to a boil over medium heat and scrape the bottom to loosen bread crumbs from pan. Add whipping cream and pimientos and bring to a boil stirring constantly for 1 minute. Reduce heat. Stir in parmesan, basil and pepper and cook until heated through. Mix cornstarch with extra chicken broth and stir into skillet if needed to thicken sauce. Pour over chicken.

Yields 4 servings.

Creamy Potato Salad

- 5 pounds potatoes
- 2 cup mayonnaise
- 1/4 cup mustard
- 1/4 cup milk
- 8 slices bacon
- 1-1/4 cup celery, chopped
- 1 large white onion, diced
- 1 (4-oz.) jar diced or sliced Dromedary® pimientos, drained and rinsed
- Salt and pepper to taste

Peel potatoes, dice into 3/4-inch cubes and boil until tender enough to pierce with a fork. Drain and allow to cool. In a small bowl, mix mayonnaise, mustard and milk and set aside. Fry bacon, drain on paper towels and crumble. In a large bowl, mix cooled potatoes, celery, onion, bacon, pimientos and mayonnaise mixture. Salt and pepper to taste.

Yield: 12 servings.

Jalapeño Pimiento Cheese

8 oz. sharp white cheddar cheese, shredded
8 oz. pepper jack cheese, shredded
2 (4-oz.) jars or 1 (7-oz.) jar diced or sliced Dromedary® pimientos, drained and rinsed
1 jalapeño pepper, seeded and finely minced
1/4 c. mayonnaise
2 T. sour cream
Hot sauce, if desired

Mix all ingredients in a large bowl. Chill if desired. Use as a topping on a variety of crackers, breads, or burgers.

For a smaller portion size of pimiento cheese, reduce ingredients by half and use 2 (2-oz) jars or 1 (4-oz) jar diced or sliced Dromedary® pimientos.

Festive Green Bean Casserole

16 oz. can cream of mushroom soup
¼ cup milk
1 teaspoon soy sauce
1/8 teaspoon pepper
1 teaspoon onion powder
3 (15-oz.) cans green beans
½ cup fresh mushrooms
2 (4-oz.) jars or 1 (7-oz.) jar diced or sliced Dromedary® pimientos, drained and rinsed
2 tablespoons French fried onions

Mix soup, milk, soy sauce, pepper, onion powder, green beans, mushrooms and Dromedary® pimientos in 1½ quart casserole dish. Bake at 350° for 25 minutes or until hot. Stir and then sprinkle with French fried onions. Bake another 5 minutes. Serve warm.

Yields 6 servings.

Creamy Pimiento Cheese Soup

2 teaspoon butter
1/2 cup chopped onion
3 (4-oz.) or 2 (7-oz.) jars diced or sliced
Dromedary® pimientos, drained and rinsed
2 tablespoon flour
1/2 teaspoon dry mustard
1/4 teaspoon cayenne pepper
2-1/2 cups chicken broth
4-oz. sharp cheddar, shredded
1/4 cup heavy cream
1/4 teaspoon white pepper

Melt butter in a saucepan over medium heat. Add onions and sauté until wilted. Add Dromedary® pimientos and cook until onions are soft but not brown (approximately 5 minutes). Sift in flour and stir until golden (about 2 minutes). Stir in mustard, cayenne and 1/2 c. broth until well-blended. Puree mixture in food processor, then return it to the saucepan. Add remaining broth and bring to simmer. Stir in cheese, cream and pepper and continue to simmer until thoroughly heated.

Yields 6 servings.

Pimientos

Romesco Chicken

For the Chicken:

- 4 boneless skinless chicken breasts
- 2 cups flour
- 2 tablespoon Smoked Paprika
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon kosher salt
- 1 teaspoon black pepper
- ½ cup of vegetable oil
- ¼ stick of butter

Preheat oven to 400 degrees. Combine the flour and spices. Dredge the chicken breasts in the flour mixture and shake off excess flour. Heat oil and butter in a 12-inch skillet on medium high heat. When the butter is melted add the chicken breasts and brown on both sides. Place chicken onto a greased baking pan and place into the oven for 15-18 minutes or until the internal temperature reaches 165 degrees. Pour Romesco Sauce over the top and enjoy

For the Romesco Sauce:

- 4 (4-oz) jars or 2 (7-oz.) jars diced or sliced Dromedary® pimientos, drained and rinsed
- 1 cup toasted almonds
- ¼ cup olive oil
- 1 tsp minced garlic
- 1 tablespoon chopped fresh herbs (Parsley, Tarragon, Basil)
- Splash of sherry wine
- Salt and pepper to taste

Place all ingredients into the food processor and process to a salsa like consistency.

Yield: 12 servings.



Gourmet Greek Burger

For Dill Yogurt sauce:

- ½ cup nonfat Greek style yogurt
- 2 teaspoons fresh lemon juice
- 1 clove garlic, minced
- 1 teaspoon chopped fresh dill leaves
- 1/8 teaspoon salt
- Pinch freshly ground black pepper

For Burgers:

- 1 ¼ pounds lean ground beef
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 4 small leaves romaine lettuce, hard ribs removed
- 1 English cucumber, shaved into thin ribbons with a vegetable peeler
- 1 cup Dunbars® roasted red peppers
- 1/2 cup crumbled feta cheese
- 4 hamburger buns

In a small bowl, stir together the yogurt, lemon juice, garlic, dill, and salt and pepper. Set aside.

Divide the beef into 4 equal sized rounds and shape into patties. Season the burgers on both sides with the salt and pepper.

Spray a nonstick grill pan with cooking spray and heat over medium-high heat, or prepare the grill. Grill the patties until cooked through, about 5 minutes per side.

To serve, spread 1 tablespoon of yogurt sauce on the bottom half of each bun, top with a lettuce leaf and burger. Place 3 to 4 cucumber slices on top of burger then ¼ cup roasted red pepper pieces. Top peppers with about 2 tablespoons of feta then 2 or 3 cucumber slices and a lettuce leaf. Spread the remaining 2 tablespoons yogurt sauce on bun tops and place on burger. Top with the other half of the bun and serve.

Makes 4 burgers

Active: 25 min.

Total: 30 min.



Roasted Peppers

Grilled Roast Beef Sandwich

- 1 large red onion, thinly sliced
- 1 cup Dunbars® roasted red peppers
- 3 garlic cloves, roughly chopped
- Olive oil
- 8 slices French or sourdough boule bread
- Butter, softened
- 8 slices mozzarella cheese
- 1 lb. thinly sliced deli roast beef
- 4 tablespoons whole grain mustard

In a large heavy skillet, heat 2 tablespoons of olive oil. Add the onions and sauté for five minutes then add the garlic. Sauté for another 8-10 minutes until the vegetables are tender and onions have slightly caramelized.

Lightly butter the back of each bread slice. Top 4 slices of bread each with a slice of cheese, then top evenly with the caramelized onions, roast beef, and roasted peppers, and remaining cheese. Top with remaining four slices of bread.

Grill the sandwiches in a Panini grill, or a stove-top grill for 2-4 minutes until cheese is melted.

Makes 4 sandwiches

Active: 15 min.

Total: 15 min.

Roasted Peppers





Shredded Chicken Tacos with Roasted Red Peppers

- 1 rotisserie chicken, meat removed and shredded
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 12 flour tortillas
- 3 cups shredded iceberg lettuce
- 2 cups Dunbars® roasted red pepper strips
- 2 cups pico de gallo salsa
- 2 avocado, seeded and diced
- 1 cup sour cream
- 1 cup queso fresco

Combine chicken, chili powder, and cumin in a medium bowl. Heat vegetable oil in a skillet over medium heat; add chicken and cook until heated through, about 8 to 10 minutes.

Spoon chicken mixture onto each tortilla and top with lettuce, roasted peppers, pico de gallo, avocado, sour cream, and queso fresco.

Makes 12 tacos

Active: 10 min.

Total: 10 min.

Roasted Peppers

Roasted Red Pepper Soup

- 1 (12-oz.) jar Dunbars® Roasted Peppers
- 2 cloves garlic, chopped
- 1/2 cup sweet onion, chopped
- 2 tablespoon olive oil
- 1-1/2 cup chicken stock
- 1 cup white wine
- 1 cup fresh basil, finely chopped
- Salt and pepper to taste
- 8 oz. evaporated milk
- 8 oz. half-and-half

Drain Dunbars® roasted peppers and discard liquid. Puree peppers and set aside. Sauté garlic and onion in olive oil until tender. Add chicken stock, reduce mixture by one-third, add wine and reduce again by one-third. Add basil and pureed peppers, then salt and pepper to taste. Heat for 5 minutes over low heat. Remove from heat and blend in processor until smooth. Return to low heat, add evaporated milk and half-and-half and simmer for another 5 minutes before serving.

Yield: 6 cups

Roasted Peppers

Roasted Red Pepper Salsa

- 2 (12-oz.) jars Dunbars® Roasted Peppers, drained and chopped
- 1 c. green onions, diced
- 1 clove garlic, minced
- 1 c. green chiles, diced
- 1/2 c. cilantro, finely chopped
- 1 t. olive oil
- 2 limes, freshly squeezed

Mix all ingredients in a large mixing bowl. Allow to marinate in refrigerator at least 4 hours before serving.

Yields 12 servings.





Feta, Roasted Red Pepper, Pesto & Black Olive Pizza

- 12-inch prepared pizza crust
- 12-oz. jar Dunbars® Deli-Sliced Roasted Pepper
- 1/2 cup prepared basil pesto 12 oz. feta, crumbled (may substitute goat cheese for a milder flavor)
- 1/4 cup black olives, sliced
- 1/2 cup mushrooms, sliced
- 1 tablespoon fresh basil, finely chopped
- 2 tablespoons olive oil

Follow directions on package for preheating crust. Preheat oven to 500°. Drain roasted peppers, discard liquid. Evenly layer basil pesto, feta, roasted pepper, mushrooms and black olives atop each crust. Sprinkle pizza with fresh basil. Drizzle pizza with olive oil if desired. Bake for 8-10 min, or until cheese is thoroughly melted. Slice and serve.

Makes 6 Slices
Active: 15 min.
Total: 25 min.

Roasted Peppers

Shrimp and Roasted Pepper Cream Sauce Pasta

- 7-oz. package pasta, your choice
- 12-oz. jar Dunbars® roasted red peppers, set aside ¼ cup
- 8-oz. package cream cheese, softened
- 1/2 c. chicken broth
- 3 garlic cloves, chopped
- 1/2 t. ground red pepper
- 2lbs. large shrimp, cooked, peeled
- 1/4 c. fresh basil, chopped

Prepare pasta according to package directions, omitting salt and oil. Keep pasta warm. Drain Roasted peppers thoroughly.

Process peppers and next four ingredients in a food processor until smooth, scraping down the sides. Pour the mixture into a large skillet. Cook over medium temperature for 5 minutes, stirring often, until thoroughly heated.

Add the cooked shrimp and heat for 2 to 3 minutes, stirring occasionally until heated through. Remove mixture from heat and serve over pasta. Top with remaining roasted peppers. Garnish with basil.

Makes: 6 servings
Active: 10 min.
Total: 25 min.



Healthy Summer

Potato Salad

3 cup red-skinned potatoes, cubed
7-oz. jar Dunbars® Roasted Peppers
1 cup sweet red onion, chopped
1 cup celery hearts, chopped
1 cup parsley, finely chopped
1 teaspoon dill
1 teaspoon tarragon
½ cup mayonnaise (fat free)
1 teaspoon lemon juice
Salt and pepper to taste

Boil potatoes in salted water until tender and drain well. Drain Dunbars® roasted peppers thoroughly and chop. In a large bowl, mix all ingredients together and salt and pepper to taste. Refrigerate.

Yields 8 servings.

Roasted Peppers

Testy Spinach Dip

- 1 (7-oz.) jar Dunbars® Roasted Peppers,
drained and rinsed
- 10-oz. package frozen spinach, cooked
according to package
- 8-oz. carton sour cream
- 2/3 cup mayonnaise
- 1/3 cup green onions, chopped
- 1/4 teaspoon seasoning salt
- 1/2 teaspoon dried oregano
- 1/4 teaspoon dill weed
- 1 teaspoon lemon juice

Mix all ingredients in a large bowl. Chill mixture.
Serve with crackers or assorted fresh vegetables.

Yield: 5 cups.



Simple Sweet Potato Pie

Two (15-oz.) cans or one (29-oz.) can
Dunbars Nature's Pride® Cut Sweet
Potatoes

¼ stick butter, melted

2 eggs, beaten

1 cup sugar

1 teaspoon salt

2 teaspoon cinnamon

½ teaspoon ground ginger

Dash ground cloves

12 oz. evaporated milk

One 9" pie crust

Drain desired amount of syrup from sweet potatoes. Puree sweet potatoes in food processor to preferred consistency. Combine ingredients in order and bake 15 minutes at 425 degrees, then 35-40 minutes at 350 degrees until a knife inserted comes out clean.

Makes 1 pie

Active: 15 min.

Total: 1 hr.

Sweet Potatoes

Sweet Potato Casserole

- 3 (15-oz.) cans or 1 (40-oz.) can Dunbars Nature's Pride® Cut Sweet Potatoes, drained and mashed
- 1 cup granulated sugar
- 8 tablespoons butter, softened
- 1 teaspoons vanilla extract
- ½ cup milk
- 3 eggs
- 2 cups candied pecans, chopped (can buy in store or use recipe below)
- 1 cup mini marshmallows

Preheat oven to 350° F. Combine sweet potatoes and next 5 ingredients in a large bowl mixing well. Pour mixture into a 9x13 casserole dish. Sprinkle with chopped candied pecans and marshmallows.

Bake at 350 for 22 minutes. Sprinkle with marshmallows and bake for an additional 10 minutes.

- Candied Pecans
- 1/2 cup granulated sugar
- 1/2 cup light brown sugar
- 2 teaspoons ground cinnamon
- 1/2 teaspoon salt
- 16 ounces (about 4 cups) unsalted pecans halves
- 1 egg white
- 1/2 teaspoon vanilla extract
- 1 teaspoon water

Preheat oven to 300 degrees. Line a large baking sheet with foil and set aside. In a medium bowl, add sugars, cinnamon, and salt. Whisk until combined. Set aside. In a large bowl, whisk the egg white, vanilla, and water together until frothy. Add the pecans and gently toss until the pecans are well coated. Add the sugar and cinnamon mixture and toss until pecans are covered.

Spread the pecans out in a single layer on prepared baking sheet. Bake for about 40-45 minutes, stirring every 15 minutes. The sugar mixture will harden on the pecans. Remove from the oven and let the pecans cool on the baking sheet. When completely cool, store in an airtight container for up to 1 month.

Potatoes
Sweet





Sweet Potato Biscuits with Herbed Butter

- 3 cups all-purpose flour
- 1 tablespoon baking powder
- 1 ¼ teaspoon kosher salt, divided
- ¾ cups cold unsalted butter, cut into small pieces
- 1 cup heavy cream
- 1 (15-oz.) can Dunbars Natures Pride® cut sweet potatoes, rinsed and drained
- ½ cup unsalted butter, softened
- 1 teaspoon fresh thyme, chopped
- 1 teaspoon fresh rosemary, chopped
- 1/8 teaspoon fresh ground pepper

Preheat oven to 425 degrees. Whisk together flour, baking powder and 1 teaspoon salt in a large bowl. Add cold butter and cut into flour using a pastry blender or 2 forks, until all pieces of butter are the size of a pea or smaller. Place bowl in freezer for 5 minutes.

Mash drained sweet potatoes using a potato masher until mostly smooth. Add heavy cream and whisk until combined. Remove bowl from freezer; fold potato mixture into butter mixture just until dough begins to come together. Turn out onto a well-floured surface and knead dough 4 to 6 times, just to bring dough together.

Pat or roll dough out in ½ - inch thickness. Cut biscuits using a 3 inch biscuit cutter, rerolling scraps once, and place on a baking pan, allowing biscuits to nearly touch. Bake for 18 to 20 minutes or until tops are golden.

Meanwhile, stir together softened butter, thyme, rosemary, remaining ¼ teaspoon salt and pepper. Refrigerate until ready to use. Spread warm biscuits with herb butter just before serving.

Makes: 18 biscuits, ½ cup butter

Active: 15 min.

Total: 35 min.

Sweet Potatoes

Sweet Potato Soup ^{with} Crunchy Kale & Spiced Pepitas

¼ cup olive oil, divided
1 medium onion, chopped
1 cup carrots, chopped
½ cup celery, chopped
3 cloves garlic, minced
1 tablespoon fresh sage, chopped
¾ teaspoon cumin, divided
1 teaspoon paprika, divided
1/8 teaspoon nutmeg
4 cups vegetable stock
2 cups water
1 (40-oz.) can Dunbars Natures Pride®
cut sweet potatoes, rinsed and drained
2 ½ teaspoons kosher salt, divided
½ teaspoon fresh ground pepper
4 cups kale, tough stems removed and leaves torn
¼ teaspoon cayenne pepper
1 tablespoon honey
1 cup roasted, salted pepitas
Sour cream

Preheat oven to 350 degrees. Heat 2 tablespoons of oil in a Dutch oven over medium-high heat. Add onion, carrots, and celery. Cook, stirring frequently, for 6-8 minutes or until softened. Add garlic, sage, ½ teaspoon cumin, ½ teaspoon paprika, and nutmeg and cook 1 minute more, stirring constantly. Add stock, water, and sweet potatoes; bring to a boil. Lower heat and simmer 30 minutes.

Toss kale in a large bowl with 1 tablespoon oil and ½ teaspoon salt. Spread in a single layer on a rimmed baking pan. Bake kale for 20 minutes, or until edges are brown and crisp. Let cool on pan completely.

Heat a medium non-stick skillet over medium-high heat. Add remaining tablespoon oil, remaining ¼ teaspoon cumin, ½ teaspoon paprika, 1 tablespoon honey, and pepitas. Cook, stirring constantly for 4 to 6 minutes or until bubbly and pepitas just begin to brown. Spread pepitas in a single layer on a parchment-lined baking pan. Let cool completely, about 10 minutes.

Puree soup using an immersion blender or process in a blender, working in batches as necessary. To serve, top soup with a dollop of sour cream, baked kale leaves and sprinkle with pepitas.

Makes: 6 to 8 servings

Active: 30 min.

Total: 1 hour

Potatoes
Sweet





Sweet Potato Gnocchi with Alfredo Sauce

- 1 (40-oz.) or 2 ½ (29-oz.) cans Dunbars Natures Pride® Cut Sweet Potatoes, drained and mashed
- 1 tablespoon fresh thyme
- 1 tablespoon chopped sage
- ½ teaspoon nutmeg
- ½ teaspoon Old Bay seasoning
- ¼ teaspoon turmeric
- 1 large egg, lightly beaten
- ½ teaspoon coriander
- ½ teaspoon white pepper
- 1 ¼ cups all-purpose flour, unbleached
(plus 1/3 cup for work surface)
- 1/3 teaspoon salt for cooking water
- Alfredo Sauce, store-bought or
use your own favorite recipe

In a large bowl, mix together the mashed sweet potatoes, thyme, sage, nutmeg, Old Bay, turmeric, egg, coriander, and white pepper. Add the flour ½ of a cup at a time until a soft dough forms. Dust a work surface with the remaining ½ cup of flour. Divide the dough into 6 equal balls. Roll out each ball into a 1-inch wide rope and cut each rope into 1 inch pieces. Roll the gnocchi over the tines of a fork. Transfer the gnocchi to a large baking sheet. Continue with the remaining gnocchi.

Meanwhile, bring a large pot of salted water to a boil over high heat. Add the gnocchi and cook until tender stirring occasionally, about 5-6 minutes. Drain the gnocchi using a perforated spoon onto a baking sheet. Serve with Alfredo sauce.

Sweet Potatoes

Chipotle Sweet Potato Mash

- 1 (29-oz.) can or 2 (15-oz.) cans Dunbars Natures Pride® Cut Sweet Potatoes, drained and mashed
- 1 whole can chipotle pepper in adobo sauce, finely chopped
- 1 teaspoon adobo sauce from can of peppers
- ½ stick Butter
- 1 cup milk
- ¼ cup maple syrup
- 1 cup milk
- Salt and pepper to taste

Place ingredients into a 2-quart saucepan on medium heat for 15 minutes or until the sweet potato are hot. Place mixture into a mixing bowl with the whisk attachment (or a potato masher works just as well) and mix ingredients to a mashed potato consistency. Serve immediately.

Yield: 4 servings

Potatoes
Sweet



*The history of the company
begins with the founder,
Thomas Moody Dunbar
in 1933*

“Moody,” as he was called, was born into a poor family of nine children in rural East Tennessee. The family survived by working on a small farm, as many did in those days. Moody’s ambition was to get the best education he could so as to get off the farm. By working his way through high school and college, in 1930, Moody earned his coveted B.A. degree, with a major in History.

After graduation, Moody went back to his rural roots to teach for eleven years in one-room schools throughout East Tennessee. In 1933, in the midst of the Great Depression, he decided to supplement his schoolteacher’s \$65 monthly salary by selling pepper seeds. From that small beginning, Moody Dunbar, Inc. has evolved into America’s leading processor of bell peppers, pimientos and sweet potatoes.

As the seed business grew during the Depression, Moody ventured into the business of brining the red pepper in 55 gallon wooden barrels and selling them to meat processors. The next step came in 1947 when the company began canning pepper in tin cans to sell to other food processors.

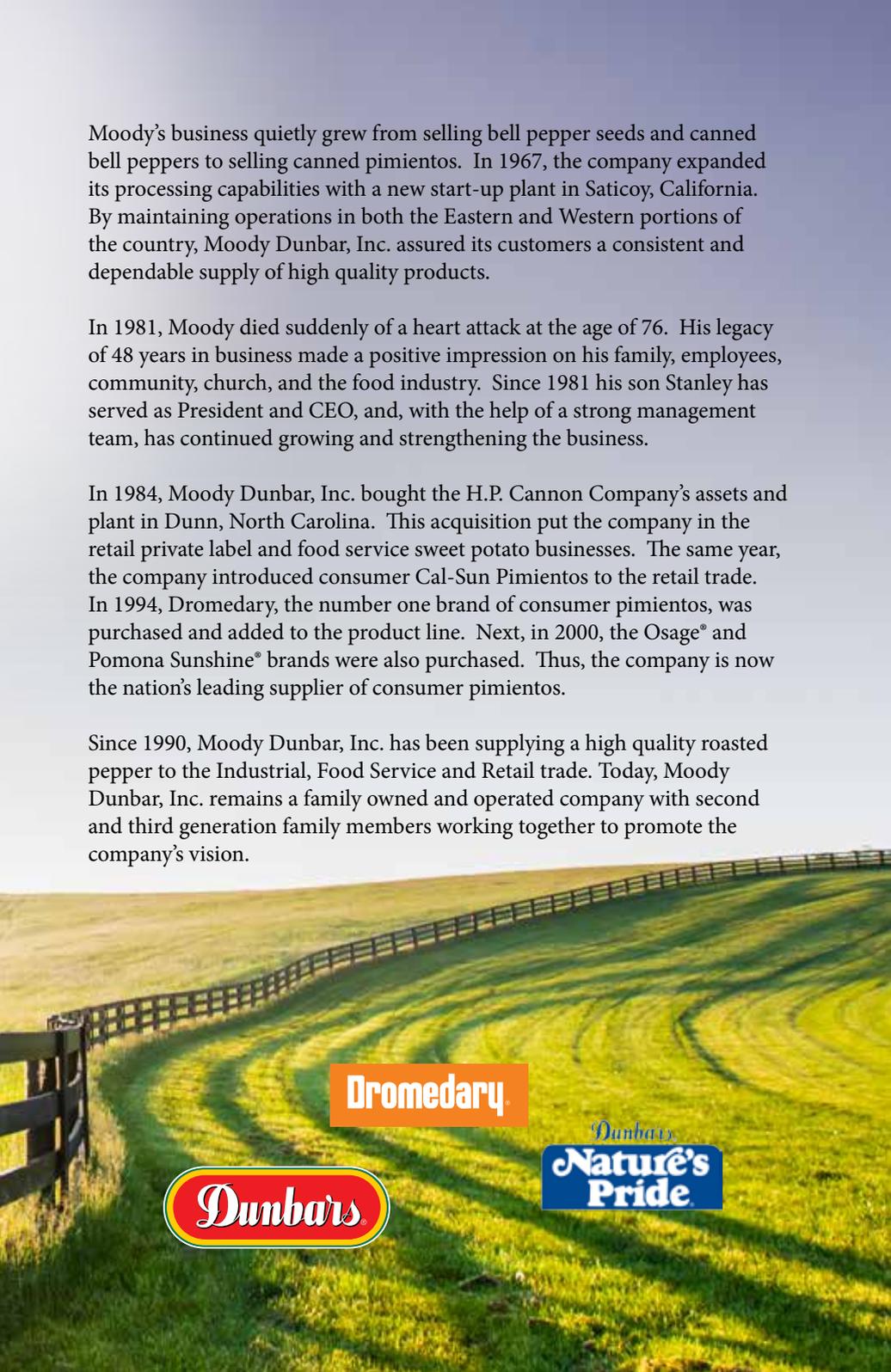


Moody's business quietly grew from selling bell pepper seeds and canned bell peppers to selling canned pimientos. In 1967, the company expanded its processing capabilities with a new start-up plant in Saticoy, California. By maintaining operations in both the Eastern and Western portions of the country, Moody Dunbar, Inc. assured its customers a consistent and dependable supply of high quality products.

In 1981, Moody died suddenly of a heart attack at the age of 76. His legacy of 48 years in business made a positive impression on his family, employees, community, church, and the food industry. Since 1981 his son Stanley has served as President and CEO, and, with the help of a strong management team, has continued growing and strengthening the business.

In 1984, Moody Dunbar, Inc. bought the H.P. Cannon Company's assets and plant in Dunn, North Carolina. This acquisition put the company in the retail private label and food service sweet potato businesses. The same year, the company introduced consumer Cal-Sun Pimientos to the retail trade. In 1994, Dromedary, the number one brand of consumer pimientos, was purchased and added to the product line. Next, in 2000, the Osage® and Pomona Sunshine® brands were also purchased. Thus, the company is now the nation's leading supplier of consumer pimientos.

Since 1990, Moody Dunbar, Inc. has been supplying a high quality roasted pepper to the Industrial, Food Service and Retail trade. Today, Moody Dunbar, Inc. remains a family owned and operated company with second and third generation family members working together to promote the company's vision.



Dromedary®

Dunbars®

Dunbars
Nature's
Pride

Moody Dunbar

Founder (1904-1981)



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