



# Cherries



## Cherry Bruschetta

18 slices (½ inch thick) small baguette-style bread  
1 tablespoon olive oil  
1 ½ cups pitted sweet cherries, coarsely chopped  
2 tablespoons lime juice  
Zest from 1 lime

¼ cup chopped cilantro  
¼ cup diced yellow sweet pepper (optional)  
2 green onions, finely diced  
Salt and pepper to taste

2 ounces fresh mozzarella cheese, thinly sliced  
1 tablespoon coarsely chopped basil

Toast one side of baguette slices at 350°F for 5 minutes. Turn slices and bake 5 minutes longer. Combine olive oil, cherries, lime juice, lime zest, cilantro, pepper, green onions, salt, and pepper; mix well. Top each slice of baguette with a thin slice of fresh mozzarella cheese, a heaping tablespoon of cherry mixture and basil. Serve warm or cold.

Yield: 6 servings

Don't worry if cherries aren't in season, you can always use frozen cherries...or... try the bruschetta with tomatoes instead!

## Cherry Pineapple Salad

1 head romaine lettuce  
1 (8 oz.) can pineapple chunks in juice  
2 cups cherries, stemmed, pitted, chopped\*  
1 tablespoon vegetable oil  
2 tablespoons cider vinegar

1 tablespoon honey  
1 teaspoon dry mustard  
½ teaspoon poppy seeds  
Salt and freshly ground black pepper to taste

Rinse and drain lettuce; tear into bite-size pieces. Drain pineapple, reserving ¼ cup juice. Put lettuce, pineapple chunks and cherries in a large salad bowl; mix well. Combine vegetable oil, reserved pineapple juice, vinegar, honey, dry mustard and poppy seeds; mix well. Season with salt and pepper. Drizzle dressing over lettuce mixture. Dressing may be refrigerated for several days, if desired.

Yield: 4-6 serving

\*May use 1 cup dried tart cherries

Cherries contain 19 times more beta carotene than blueberries and strawberries! Cherries are jam packed with the antioxidants anthocyanins and melatonin. Cherries are rich in vitamin C, vitamin E, folate, iron, and magnesium. Cherries are also a great source of fiber.

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## Cherry Salsa



4 cups cherries, stemmed, pitted, and chopped  
4 green onions, white parts only, chopped  
¼ cup chopped fresh cilantro leaves  
¼ cup lemon juice  
1 clove garlic, minced  
Salt and pepper, to taste

Mix all ingredients in a medium mixing bowl until well combined. Season to taste with salt and pepper. Serve with chicken, fish, beef, or vegetables.

*This is especially good with roasted sweet potato wedges!*

Yield: About 6 servings

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## Turkey and Cherry Wrap

1 cup dried cherries  
¼ cup reduced fat garden vegetable cream cheese  
2 10-inch flour tortillas  
Handful of fresh spinach leaves  
4 ounces sliced turkey  
3 ounces very thinly sliced Monterey Jack or Swiss cheese

Boil 2 cups of water. Place cherries in a small bowl. Pour boiling water over cherries. Let stand for 5 minutes. Drain well and let cool slightly. Spread 2 tablespoons cream cheese evenly across each tortilla. Sprinkle each tortilla with cherries. Next, layer spinach over the cherries then layer turkey breast and Monterey Jack cheese on top. Roll up the tortillas and serve! For extra flavor, allow the wraps to sit in the fridge for an hour or so.

Yield: 2 wraps

Select fresh cherries by the way they feel and their color.

- They should be dark (color will differ depending on type of cherry).
- They should be glossy and plump.
- They should not be soft or mushy when you press on them.

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## Popcorn with Cherries



- 1 teaspoon sugar
- 1 ½ teaspoons apple pie spice blend\*
- 1 package popcorn
- ⅔ cup dried tart cherries
- Butter-flavored non-stick cooking spray

Stir the apple pie spice blend and sugar; set aside. Pop popcorn according to the package directions. Pour popcorn into medium sized bowl. Add cherries. Lightly spray with no-stick cooking spray. Sprinkle with spice/sugar mixture; toss until coated.

Yield: 4 servings

*\*Don't have apple pie spice blend? You can substitute a little cinnamon, nutmeg, allspice, and ginger to get the same great flavor!*

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## Cherry Smoothie

- |                                    |  |
|------------------------------------|--|
| ½ cup frozen tart cherries, pitted | 1 tablespoon frozen cherry juice concentrate |
| ½ cup 1% low fat milk              | 1 tablespoon honey                           |
| ¼ cup plain low-fat yogurt         | ½ teaspoon pure vanilla extract              |
| 2 tablespoons fresh blueberries    | Sprinkle of cinnamon (optional)              |
|                                    | 8 ice cubes                                  |

Place all ingredients into a mixer and blend until smooth. Enjoy!

Yield: 2 Servings

To keep your cherries fresher longer, do not wash them until right before they are going to be eaten.

Keep cherries stored in the fridge in a loose plastic bag to allow for proper exposure to oxygen.

### Pitting Cherries:

- Use a cherry pitter **or**
- Cut the cherries in half from top to bottom with a knife and then remove the pit with your finger or spoon **or**
- Use a large **clean** bobby pin or paper clip – remove the stem and then push the paper clip into the top of the cherry – move the paper clip around until you are able to find the pit and pull it out.

### Freezing Cherries:

- Wash cherries and pat dry. Remove stems and pits. Place cherries on cookie sheet in single layer and place in freezer. When frozen remove from cookie sheet and place in freezer bag. Label and date bag. Use within a year.

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