



Healthy Ways to Eat Tart Cherries



1. Mix into cooked oatmeal with a pinch of cinnamon for a filling, delicious breakfast.
2. Make a healthy parfait by layering low fat yogurt, cherries & granola.
3. Use as a topping for pancakes & waffles.
4. For a sweet addition to your savory salad, try adding cherries to the mix.
5. Make Cherry Chicken Salad. Serve on whole wheat bread or a bed of greens!

Ingredients:

2 (5-oz.) cans chicken, drained	½ teaspoon salt
½ cup tart cherries, drained	¼ teaspoon pepper
¼ cup finely chopped onion	¼ cup low fat mayo or nonfat yogurt (or a mix)
¼ cup chopped celery	¼ cup chopped walnuts (optional)

Directions:

1. In a bowl, combine chicken, cherries, onion, celery, salt, pepper and walnuts (if using).
2. Stir in the mayo or yogurt.

6. Make Maple Roasted Sweet Potatoes with Cherries. * A delicious side dish or main course!

Ingredients:

1 Tablespoon oil	1 Tablespoon butter or canola oil
2 large sweet potatoes, diced in 1" pieces	1 ½ tablespoons maple syrup or brown sugar
½ cup tart cherries, drained	¼ teaspoon black pepper
¼ teaspoon salt	¼ cup walnuts (optional)
½ teaspoon dried sage or cinnamon (optional)	

Directions:

1. Preheat oven to 375° F.
2. In a large bowl, add potatoes. Toss with oil, salt, pepper and sage/cinnamon (if using).
3. Spread evenly on a baking sheet. Roast, stirring once, until fork tender, 30-35 minutes.
4. In a small skillet over medium heat, melt butter or heat oil. Add walnuts and cook, stirring constantly, until fragrant, about 2 minutes. Remove from heat. Stir in cherries and maple syrup.
5. Gently toss cooked potatoes with cherry mixture and serve warm.

7. Make Brown Rice & Cherry Salad. * Store in the refrigerator and eat throughout the week!

Ingredients:

2 cups cooked brown rice	2 Tablespoons cherry juice (from the can)
1 cup tart cherries, save the juices	1 Tablespoon oil
¼ cup finely chopped onion	1 Tablespoon vinegar
½ cup celery, diced	½ teaspoon salt
1 (15-oz.) can beans (any kind), drained & rinsed	¼ teaspoon pepper

Directions:

1. In a large bowl, mix together rice, cherries, drained beans, onion and celery.
2. In a small bowl, whisk together cherry juice, oil, vinegar, salt and pepper.
3. Pour dressing over the salad, Mix well. Let rest at room temperature for flavors to combine.

8. Make Chicken with Apples and Cherries. * A twist on your typical chicken dinner!

Ingredients:

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| 1 large onion, diced | 2 large carrots, chopped |
| 2 medium apples, diced | 1 teaspoon ground cinnamon |
| 1 teaspoon ground coriander (optional) | 1 teaspoon ground cumin |
| ½ teaspoon salt, divided | ¼ teaspoon ground black pepper |
| 5 pounds bone-in chicken pieces | 2 Tablespoons oil, divided |
| 1 (15-ounce) can low-sodium chicken stock | 1 cup tart cherries, drained |

Directions:

1. In a small bowl, mix cinnamon, coriander, cumin, ¼ teaspoon salt, and pepper.
2. Pat chicken dry with paper towel. Remove skin. If using whole chicken legs, separate the thigh and drumstick. If using bone-in chicken breasts, cut in half on the diagonal so pieces are almost even. Rub chicken pieces with spice mixture.
3. In a large skillet over medium heat, heat 1 Tablespoon oil. Add onion, carrots, and apples. Cook, stirring occasionally, until starting to brown, about 15 minutes. Transfer to a medium bowl.
4. Add remaining 1 Tablespoon oil to skillet. Brown chicken in 2 batches, 2-4 minutes per side. Return all chicken pieces to skillet and add broth. Bring to a simmer. Cook, turning occasionally, until chicken reaches an internal temperature of 165° F, about 15-25 minutes depending on size of the pieces. Transfer cooked chicken to a clean plate.
5. Add cherries, vegetables, and remaining ¼ teaspoon salt to skillet. Bring to a simmer and cook until liquid is almost gone, 5-10 minutes more. Serve over cooked chicken. If using, top with nuts and herbs.

9. Make Butternut Squash and Tart Cherry Salad. A festive holiday meal or everyday treat!

Ingredients:

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| 1/3 cup tart cherries, drained | 2 tablespoons oil |
| 1 cup cooked brown rice | 1 tablespoon vinegar |
| 1 small butternut squash, peeled and cubed (about 2 cups) | ¼ teaspoon ground cinnamon |
| ¼ cup onion, chopped | 1 teaspoon honey |
| ¼ cup walnuts (optional) | Salt & pepper to taste |

Directions:

1. Preheat oven to 400 F.
2. Roast the butternut squash by tossing in 1 tablespoon of oil, salt and pepper and bake for 25-30 minutes, flipping half way through.
3. In a small saucepan, heat remaining 1 tablespoon oil. Add onions and sauté for 5 minutes or until soft and fragrant.
4. Turn off heat, add vinegar, cinnamon, honey and salt and pepper.
5. Toss the cherries, cooked brown rice, cooked squash, onion and walnuts (if using) into a bowl and add dressing as you like.

10. Make a Cherry Crumble* for a crowd pleasing dessert!

Ingredients:

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| 5 cups canned cherries, drained (about 3 cans) | ¼ teaspoon nutmeg (optional) |
| ¾ cup brown sugar | 1 ½ cup oats |
| ½ cup whole wheat flour | 4 Tablespoons cold butter, cut into pieces |
| ½ teaspoon ground cinnamon | Non-stick cooking spray |

Directions:

1. Preheat oven to 350° F.
2. In a large bowl, toss together drained cherries with ¼ cup brown sugar, 1 Tablespoon flour, cinnamon and nutmeg (if using). Mix well. Pour into a greased 9x9-inch baking dish.
3. In a small bowl, mix remaining flour and brown sugar, oats and butter. Mix with hands until crumbly.
4. Sprinkle the oat mixture over the pears. Bake uncovered for 40 minutes or until top is browned or bubbly.

*Recipe from Share Our Strength's Cooking Matters™

