

Cherries

Key Points

- For the best buy, choose firm red cherries with their stems attached.
- To prepare cherries, rinse and remove stems and pits.
- To store fresh, refrigerate for up to 1 week.
- Cherries contain vitamin C, which is good for fighting colds and healing cuts.



Cherry Dumplings

Ingredients:

4 cups cherries, pits removed
1/4 cup sugar
1 cup flour
2 teaspoons baking powder
1/4 teaspoon salt
1 tablespoon sugar
1/4 teaspoon cinnamon
3/4 cup low fat milk

Directions:

1. In a large pot, combine the cherries, 1/4 cup sugar and 1/2 cup water.
2. Cook the cherries over medium heat for 15 minutes.
3. Increase the heat to high and bring the cherries to a boil.
4. In a small bowl, combine the flour, baking powder, salt, 1 tablespoon sugar and the cinnamon.
5. Add the milk to the flour mixture and mix well with a fork. This is the dumpling batter.
6. Drop spoonfuls of the dumpling batter into the boiling cherries.
7. Cover the pot and cook over low heat for 10 minutes. Do not stir.
8. Serve warm.
9. Refrigerate leftovers.

Makes 6 servings.

Cherry Custard

Ingredients:

3 cups cherries, pits removed
1/3 cup sugar
1/2 cup flour
Pinch of salt
3 eggs
1 1/4 cups low fat milk

Directions:

1. Preheat oven to 350°F.
2. Grease a medium baking dish.
3. Put the cherries in the baking dish.
4. In a medium bowl, mix together the sugar, flour and a pinch of salt.
5. Add the eggs and milk to the bowl. Mix until smooth.
6. Pour the batter over the cherries.
7. Bake for 45-60 minutes or until the center is firm.
8. Serve warm.
9. Refrigerate leftovers.

Makes 5 servings.

Quick Tips

- Add pitted fresh cherries to fruit salads.
- Chop cherries and mix with vanilla yogurt.
- Fresh or dried cherries are healthy, quick snacks.
- Remember to rinse all fruits and vegetables before using.

The Nutrition Facts Label—What does it tell us?

Recipe name: Cherry Dumplings

Nutrition Facts	
Serving Size: 1/6 of recipe (178g)	
Servings Per Recipe: 6	
Amount/Serving	
Calories 180	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	1%
Sodium 270mg	11%
Total Carbohydrate 42g	14%
Dietary Fiber 3g	11%
Sugars 22g	
Protein 4g	
Vitamin A 2%	Vitamin C 10%
Calcium 15%	Iron 8%
*Percent (%) Daily Values are based on a 2,000 calorie diet.	

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH

The Nutrition Facts Label—What does it tell us?

Recipe name: Cherry Custard

Nutrition Facts	
Serving Size: 1/4 of recipe (270g)	
Servings Per Recipe: 4	
Amount/Serving	
Calories 280	Calories from Fat 45
% Daily Value*	
Total Fat 4.5g	8%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 165mg	54%
Sodium 160mg	7%
Total Carbohydrate 51g	17%
Dietary Fiber 3g	11%
Sugars 36g	
Protein 11g	
Vitamin A 8%	Vitamin C 15%
Calcium 15%	Iron 10%
*Percent (%) Daily Values are based on a 2,000 calorie diet.	

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