



## Cherries, Fresh

MyPlate Food Group: **Fruit**



### Nutrition Information

- 1 cup of fresh cherries (about 21 cherries) counts as 1 cup of fruit in the ChooseMyPlate.gov Fruit group.
- Cherries contain many vitamins and minerals that are important for your body, including vitamin A, C, and fiber.
- Cherries are naturally low in fat, sodium, and calories. Cherries do not have cholesterol.

### Uses and Tips

- Cherries makes a great snack any time of the day.
- Fresh cherries do not need to be cooked or heated. Before eating, gently rub cherries while holding under plain running water to remove any visible debris and enjoy.
- Fresh cherries contain a seed or pit. This is sometimes called a “stone.” Remove these before cooking with cherries.
- Cherries can be used to add sweetness to other foods. For example, they can be added to plain yogurt or oatmeal.
- Cherries can be added to muffins, quick breads, and other baked goods to add flavor and additional other important nutrients.
- When cherries are in season they are at their peak flavor and may be less expensive.

### Storing Foods at Home

- Ripe cherries should be stored in the refrigerator in a loosely sealed plastic bag.
- Do not wash cherries until ready to eat.

## MyPlate Facts

- Fiber from fruit helps to keep your heart healthy and reduce cholesterol.
- Fiber is important for bowel function and helps prevent constipation.
- Eating a diet full of fruits and vegetables may reduce the risk for heart disease and may help prevent some cancers.
- All forms of fruit count as part of the Fruit Group. Fruits can be fresh, canned, frozen, or dried!

# USDA Foods

## Cherry Scones

*Makes 10 servings*

### Ingredients:

- 1 cup whole wheat flour
- ¾ cup all-purpose flour
- ⅓ cup sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 cup fresh cherries, pitted and chopped
- ¼ cup margarine or butter, melted
- ⅔ cup buttermilk
- 1 teaspoon vanilla

### Directions:

1. Preheat oven to 400 degrees F.
2. In a medium bowl, combine both flours, sugar, baking powder, baking soda, and salt. Mix well.
3. Add the cherries and mix lightly.
4. In a small bowl, combine the melted margarine or butter, buttermilk, and vanilla. Add to the dry ingredients and mix gently.
5. Spoon the dough into 10 equal mounds on a greased baking sheet. Bake until well browned, 18 to 20 minutes.
6. Serve hot or at room temperature. Store leftovers in an airtight container at room temperature for 2 or 3 days.

Don't have fresh cherries? You can also use dried, canned, or frozen cherries. If using canned cherries, drain before use. If using frozen cherries, thaw and drain before use.

*Recipe adapted from FoodHero.org*

## Cherry Oat Crumble

*Makes 4-6 servings*

### Ingredients:

- 2 tablespoons sugar
- 1½ tablespoons cornstarch
- 4 cups cherries, pits removed (fresh or frozen)
- ¾ teaspoon vanilla
- 6 tablespoons whole wheat flour
- 6 tablespoons old fashioned rolled oats
- 3 tablespoons brown sugar
- ½ teaspoon salt
- 2 tablespoons butter or margarine, melted

### Directions:

1. Preheat oven to 350 degrees F.
2. Mix the sugar and cornstarch together in a large bowl.
3. Add the cherries and stir to mix. Add vanilla and mix again.
4. Pour the fruit into an 8x8 baking pan or 2 quart casserole.
5. In a separate bowl mix together the flour, oats, brown sugar, and salt. Add the melted butter and mix together until the texture is coarse with some clumps. Distribute the oat topping over the fruit.
6. Bake for about 30-45 minutes, or until the juices are bubbling and the oat topping is golden brown.

*Recipe adapted from EatFresh.org*