

Cherry

Lakota: čhaŋph̃a

- Choose firm, shiny, plump cherries without bruises or blemishes.
- Buy cherries that have been kept cool and moist with no signs of mold or decay.
- Cherries with stems are less likely to mold quickly.
- Cherries are great raw; remove the stone.
- Cherries are tasty mixed into fruit salad or salsa, baked into pie or fruit crisp.
- Unwashed cherries refrigerated in a plastic bag will keep up to 10 days. Wash before use.

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Cherry Crisp

Ingredients

Topping

- 1 cup whole wheat flour
- 1 cup rolled oats
- $\frac{2}{3}$ cup packed brown sugar
- $\frac{1}{4}$ tsp cinnamon
- Pinch salt
- $\frac{1}{2}$ cup melted butter

Cherry filling

- 2-cans cherries in water
- $\frac{1}{3}$ cup sugar
- 2 Tbls orange juice concentrate
- 2 Tbls cornstarch
- 1 Tbls + 1 tsp water
- $\frac{1}{4}$ cup + 2 Tbls cherry juice

Directions

Grease a 9x9 pan. Mix topping, set aside. Drain cherries save $\frac{1}{2}$ cup juice. Place cherries in baking pan. Mix cherry juice with sugar and orange juice in a saucepan. Heat on medium for 2 minutes. Mix cornstarch and water, add to juice mixture. Heat on medium until thick. Remove from heat. Stir well. Pour $\frac{2}{3}$ -cup of juice mixture over cherries in the pan. Discard remainder. Sprinkle topping over cherries. Bake 425 degrees F for 40 minutes.

Yields 16 servings.

Nutrition Facts per Serving:

Calories 180; Fat 6g; Cholesterol 15mg; Sodium 70mg; Carbs 30g; Fiber 2g; Sugars 20g; Protein 2g

Sources: <http://healthymeals.nal.usda.gov>

Green Beans with Dried Cherries

Ingredients

- $\frac{1}{2}$ cup dried sweetened cherries
- $\frac{1}{2}$ Tblsp canola oil
- $\frac{1}{2}$ small red onion, diced
- 2 Tblsp firmly packed brown sugar
- 2 Tblsp cider vinegar
- $\frac{1}{4}$ cup water
- 1 pound green beans, trimmed
- Salt to taste (optional)

Directions

Heat oil in a saucepan over medium heat. Add red onion, cook for 3 minutes. Add brown sugar. Stir to dissolve. Add cherries, vinegar, and water. Simmer for 5 minutes. Do not cook until dry; If needed add water to keep moist. Set aside. Place beans in a small steamer basket, and place in a pot with a tightly fitting lid, above an inch of boiling water. Cover and cook over medium heat for about 3 minutes. Toss steamed beans with cherry glaze, season with salt (if desired), and serve.

Yields 4 servings.

Nutrition Facts per Serving:

Calories 140; Fat 1g; Cholesterol 0mg; Sodium 10mg; Carbs 28g; Fiber 0g; Sugars 0g; Protein 3g

Sources: <https://www.hsph.harvard.edu/nutritionsource/green-beans-with-dried-cherries/>