

## CHERRY

### *Types*

There are two main types of cherries.

**Sweet:** These cherries are usually eaten raw, but can be cooked.

**Tart (sour):** These cherries are almost always eaten cooked.

### *Selection Info*

Look for large, firm, bright, shiny cherries. Make sure stems are nice and green.

Sweet cherries should be a darker red or yellow and larger than sour cherries.

### *Preparation*

Cherries contain inedible pits. Always remove pits from cherries before cooking. You can also remove the pits before eating fresh cherries.

Cherries can be eaten right off the stem. Cherries can also be cooked in a variety of desserts, recipes, and jams.

Watch how to remove cherry pits. Wash cherries under a cold stream of water just before use to ensure freshness.

### *Storage*

**Short-Term Storage:** Cherries can be stored in a refrigerator for 3-5 days in a shallow container to avoid bruising. Remember to rinse cherries just before eating to avoid deterioration.

**Long-Term Storage:** You can freeze both sweet and sour cherries can be frozen. You can also can sour cherries. And you can also make jellies and jams from cherries.



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# KALE, QUINOA, AND CHERRY SALAD

## Ingredients

- 3 tablespoons extra virgin olive oil
- 3 tablespoons cider vinegar
- 1 tablespoon honey
- 2 teaspoons Dijon mustard
- 1/4 teaspoon black pepper
- 1/4 teaspoon kosher salt
- 2 1/2 cups (6 ounces) baby kale
- 1 1/2 packages (8.5 ounces) precooked quinoa and brown rice blend
- 3/4 cup fresh sweet cherries (pitted and halved)
- 2/3 cup fresh flat-leaf parsley (chopped)
- 1/3 cup shallots (thinly sliced)
- 1 15-ounce can unsalted chickpeas (rinsed and drained)
- 2 ounces goat cheese (crumbled, about 1/2 cup)



Learn more about **CHERRY** by scanning the QR code above or by visiting <https://extension.purdue.edu/foodlink/food.php?food=cherry>.

## Directions

1. Combine first olive oil, cider vinegar, honey, Dijon mustard, pepper, and salt in a medium bowl.
2. Place kale in a medium bowl and toss with 1 1/2 teaspoons of the oil mixture.
3. Place dressed kale on a platter.
4. Stir quinoa blend, cherries, parsley, shallots, and chickpeas into the remaining oil mixture.
5. Top kale mixture with quinoa mixture and cheese.



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### Nutrition Information

|                  |               |
|------------------|---------------|
| Serving Size     | 1/6 of recipe |
| <b>Nutrients</b> | <b>Amount</b> |
| Total Calories   | 296           |
| Protein          | 9g            |
| Carbohydrates    | 40g           |
| Dietary Fiber    | 5g            |
| Total Fat        | 12g           |
| Saturated Fat    | 3g            |
| Cholesterol      | 7mg           |
| Sodium           | 369mg         |