

Cherry



Cherries are a small tree fruit with a single pit in the center. They are grown across North America, but are thought to have originated from Turkey. Cherries come in sweet varieties that can be dark red to yellow, and sour varieties (usually called pie cherries) for cooking. They are a good source of vitamin C and fiber, and can be eaten by themselves or in sweet or savory dishes.

Storage

Cherries are delicate when ripe: refrigerate cherries in a plastic bag with a paper towel for up to 1 week. Do not wash until ready to use. To freeze, remove stems and pits first and freeze in an airtight bag or container for up to 6 months.



Cooking

Fresh cherries are best eaten raw, but they can also be baked into pies, muffins, or breads; stewed into sauces or jams; roasted to add to salads and savory dishes; or frozen for use in smoothies or as a tasty summer snack! Try adding bruised or overripe cherries to BBQ sauce or cooking with sugar to make a quick jam for toast or desserts.

Cherry Chicken Lettuce Wraps

Serves: 4

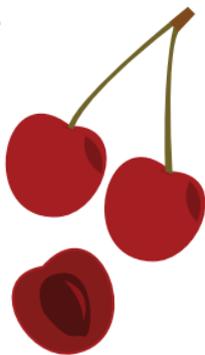
Time: 15 Minutes

lovin'
spoonfuls
a food rescue



Ingredients:

- 2 cups fresh cherries, pitted and roughly chopped
- 1 lb cooked chicken, chopped (or 2 10-oz cans chopped chicken, drained)
- 1 apple, cored and rough chopped
- 2 stalks celery, finely chopped
- 1 carrot, grated
- ¼ red onion, finely chopped
- 1 head leaf lettuce
- 3 tbsp mayonnaise
- 2 tbsp plain yogurt
- 1 tsp lemon juice (or vinegar)
- 1 tsp black pepper
- ½ tsp salt



Quick Tips

- Use leftover cooked chicken or substitute leftover turkey.
- Add fresh herbs like chives, parsley, tarragon, or thyme for extra flavor.
- Utilize the produce on hand. Substitute radishes or thinly shredded cabbage for carrots; pear or jicama for apple; yellow onion, scallions, or shallot for red onion.

Directions:

1. In a large bowl, toss together cherries, chicken, apple, celery, carrot, and onion until well combined.
2. In a small bowl, whisk together mayonnaise, yogurt, lemon juice, black pepper, and salt. Add to large bowl and mix gently until evenly combined.
3. Refrigerate until ready to serve. Rinse lettuce thoroughly and separate into leaves. Scoop a small amount (¼ cup) of salad into each lettuce leaf and fold edges in to make wraps.
4. Leftovers can be refrigerated in an airtight container for up to 5 days.