

COMMODITY FOODS

CHERRIES, Dried, Frozen & Canned



Storage

- ◆ Store unopened dried cherries in a cool, dry place. Use within 12 months.
- ◆ Store frozen cherries in the freezer for 4 months.
- ◆ Store canned cherries in a cool, dry place for 12 to 18 months.
- ◆ Store opened, canned, or thawed cherries in a covered container in the refrigerator and use within 2 to 4 days.

Uses & Tips

- ◆ Canned or frozen cherries are good in baked desserts (pies, crisps, muffins, cookies), pancake toppings and dessert sauces.
- ◆ Dried cherries are ready to eat right out of the package. Add to stuffing, cereals, salads, puddings and baked goods such as cakes, muffins, and cookies.
- ◆ To chop dried cherries use an oiled knife.

Turkey Cherry Tortillas Serves 4.

- 1/2 cup lowfat mayonnaise
- 1 Tbsp. prepared mustard
- 1/4 tsp. salt
- 1 1/2 cups cooked turkey, chopped
- 1 cup dried cherries
- 3/4 cup carrot, shredded
- 1/4 cup onion, minced
- 4 flour tortillas
- 1/2 cup cheese, shredded

1. In a medium bowl combine mayonnaise, mustard, and salt.
2. Add turkey, cherries, carrots and onion. Stir gently.
3. Fill tortillas with turkey mixture. Top with cheese.

NUTRITION FACTS (per serving) - Calories 320 ~ fat 8 g ~ calories from fat 70 ~ sodium 600 mg ~ total carbohydrate 51 g ~ fiber 4 g



UNIVERSITY OF ILLINOIS
EXTENSION
FAMILY NUTRITION PROGRAM
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