



Canned Cherries

Canned cherries are red, tart, pitted cherries packed in water. Fruits are naturally sweet and are low in fat and calories making them a great dessert or snack choice.

Nutrition Information

Cherries are part of the fruit group. Foods from the fruit group provide important nutrients like vitamin A, vitamin C and potassium.

Based on MyPyramid, ½ cup of canned cherries provides ½ cup from the fruit group.

A typical person should try to eat 2 cups of fruit every day.



Storage

Store unopened cans in a cool, dry place off the floor.

Avoid freezing or exposure to direct sunlight. Sudden changes in temperature shorten storage time.

Store opened cherries in a tightly covered plastic container in the refrigerator.

Use within 2 to 4 days!

Do not use canned fruit if can is rusted, bulging, or dented. Throw it away!

Uses

- ✓ Water-packed cherries are excellent in baked desserts like pies, cobblers, crisps, cakes, cookies and muffins.
- ✓ Canned cherries can be used in dessert sauces for cakes, custards, ice cream and pancakes.





Recipes

Cherry Muffins

18 servings

2 c. flour	Cinnamon-Sugar Topping:
1 T. + 1 tsp. baking powder	1/4 tsp. cinnamon
3/4 c. sugar	1/4 c. sugar
1/4 tsp. salt	
1 c. can tart Cherries, drained	
2 eggs, beaten	
1/4 c. margarine, melted	
1 c. low-fat milk	
1 tsp. vanilla	

1. Preheat oven to 400°F. Lightly oil or paper line a muffin pan. Set aside.
2. In a medium sized mixing bowl, combine the flour, baking powder, sugar, and salt. Mix well. Add cherries to dry mix and mix until well coated.
3. In a small mixing bowl, add eggs, margarine, milk and vanilla. Mix well.
4. Add the egg mixture to the dry ingredients stirring just until the dry ingredients are moistened. Spoon batter into prepared muffin cups.
5. In a small bowl, mix cinnamon and sugar together. Sprinkle tops with cinnamon-sugar topping.
6. Bake for 20 to 25 minutes or until golden brown and a toothpick inserted near the center comes out clean.
7. Remove from oven and let cool for 10 minutes. Run a knife around the edge of each muffin to loosen and remove from pan. Let cool on a wire cooling rack or on a clean towel.
8. Serve warm, if desired.

Nutrition Information per Serving: Calories 130, Total Fat 3g (5% DV), Saturated Fat 0.5 g (3% DV), Cholesterol 30mg (10% DV), Sodium 170 mg (7% DV), Total Carbohydrate 23 g (8% DV), Dietary Fiber 0 g (0% DV), Sugars 14 g, Protein 3 g, Vitamin A 6%, Vitamin C 0%, Calcium 8%, Iron 6%.

Black Forest Dump Cake

15 servings

1 (21 oz.) can cherry pie filling	1 (18.25 oz.) pkg. chocolate cake mix
1 (16.5 oz.) can pitted dark sweet cherries, drained, reserve juice	3/4 c. butter, softened
	1 c. walnuts, chopped
	Whipped topping (optional)

1. Preheat oven to 350°F.
2. Spray a 9x13-inch baking pan with cooking spray. Set aside
3. Dump cherry pie filling into dish and spread evenly. Repeat with cherries.
4. In a large mixing bowl, combine cake mix and butter. Add juice from the cherries.
5. Beat until well blended.
6. Spread mixture over cherries. Top with chopped walnuts.
7. Bake for 45 minutes.
8. Serve with whipped topping, if desired.

Nutrition Information per Serving: Calories 340, Total Fat 20 g (31% DV), Saturated Fat 7 g (35% DV), Cholesterol 25 mg (8% DV), Sodium 290 mg (12% DV), Total Carbohydrate 41 g (14% DV), Dietary Fiber 2 g (8% DV), Sugars 17 g, Protein 4 g, Vitamin A 8%, Vitamin C 4%, Calcium 8%, Iron 10%.

Recipe from *Fast Foods*, University of Nebraska-Lincoln Extension.

Recipes provided from the University of Nebraska-Lincoln Extension, Nutrition Education Program

Source: USDA <http://www.fns.usda.gov/fdd/facts/hhpfacts/hp-csfp.htm>