

CHERRIES, DRIED

for use in the USDA Household
Commodity Food Distribution Programs

Revised: 02/23/04

Product Description

Dried cherries are prepared from U.S. Grade B or better red, tart cherries. The cherries may have sugar or other sweeteners added prior to drying. No additives or preservatives are added.

Pack/Yield

Dried cherries are packed in 2-pound containers. Each container provides 24 ¼-cup servings of dried fruit.

Storage

- Store unopened dried cherries in a cool, dry place, off the floor. It is not necessary to refrigerate or freeze the product.
- After opening, keep bag tightly closed with a plastic tie or rubber band, or transfer contents to a zip-lock bag.

Uses and Tips

- Dried cherries are ready to eat right out of the package.
- Add to rice dishes, stuffings, salads, hot or cold cereals, puddings, and baked items.

(See recipes on reverse side)



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- Combine with nuts or granola and other cereals to make a trail mix.
- Dried cherries keep cakes, muffins, and cookies moist.
- For easier chopping, use an oiled knife or blade.

Nutrition Information

- **Dried Cherries** are an excellent source of vitamin A. They are sodium and cholesterol free and very low in fat.
- ¼ cup of dried cherries provides 1 serving from the **FRUIT GROUP of the Food Guide Pyramid**.

Nutrition Facts	
Serving size ¼ cup (40g) dried cherries	
Amount Per Serving	
Calories 136	Fat Cal 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 32g	11%
Dietary Fiber 1g	0%
Sugars 27g	
Protein 1g	
Vitamin A 30%	Vitamin C 0%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	

Turkey Cherry Wrap

1 pound finely chopped turkey breast
½ cup lowfat mayonnaise
1 tablespoon prepared mustard
¼ teaspoon salt
¼ teaspoon black pepper
1 cup tart dried cherries
¾ cup shredded carrot
½ cup seeded cucumber, finely chopped
¼ cup onion, minced
4 flour tortillas

1. Mix mayonnaise, mustard, salt, and pepper in a mixing bowl.
2. Gently mix in turkey, cherries, carrots, cucumbers, and onion.
3. Mound ¾ cup turkey mixture just below the center of each tortilla. Fold up bottom portion and roll as tightly as possible, enclosing filling.

Makes 4 servings

Recipe provided by National Turkey Federation

Nutrition Information for each serving of Turkey Cherry Wrap:

Calories	480	Cholesterol	78 mg	Sugar	1 g	Calcium	96 mg
Calories from Fat	132	Sodium	538 mg	Protein	39 g	Iron	2.5 mg
Total Fat	14.7 g	Total Carbohydrate	48 g	Vitamin A	901 RE		
Saturated Fat	3.1 g	Dietary Fiber	7 g	Vitamin C	28 mg		

Oatmeal Cherry Cookies

1 cup (2 sticks) butter, softened
1 cup firmly packed brown sugar
½ cup granulated sugar
2 eggs
1 teaspoon vanilla extract
1 ½ cups all-purpose flour
1 teaspoon baking powder
½ teaspoon salt
2 cups oats
1 ½ cups dried cherries
1 cup chocolate chips

1. Beat margarine, brown sugar, and granulated sugar until creamy.
2. Mix in eggs and vanilla, beating well.
3. Combine flour, baking powder, and salt; add to egg mixture.
4. Stir in oats, cherries, and chocolate chips.
5. Drop by rounded tablespoonfuls onto *ungreased* cookie sheet.
6. Bake in a preheated 350°F oven for 10 to 12 minutes, until golden brown.
7. Let cool 1 minute, then remove to wire racks to cool.
8. Store in a tightly-covered container.

Recipe provided by Cherry Marketing Institute, Inc.

Makes about 4 dozen cookies

Nutrition Information for each serving of Oatmeal Cherry Cookies:

Calories	146	Cholesterol	0 mg	Sugar	9 g	Calcium	28 mg
Calories from Fat	55	Sodium	84 mg	Protein	2 g	Iron	.7 mg
Total Fat	6.2 g	Total Carbohydrate	20 g	Vitamin A	81 RE		
Saturated Fat	3.5 g	Dietary Fiber	0 g	Vitamin C	3 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

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