



## Cherry Cobbler

- 1/2 cup sugar
- 3 tablespoons butter or margarine, melted
- 1 cup all-purpose flour
- 1/4 teaspoon salt
- 1 teaspoon baking powder
- 1/2 cup low-fat milk
- 3 1/2 cups fresh cherries, pitted
- 2/3 cup sugar
- 1 tablespoon cornstarch
- 1 cup boiling water



1. Mix together 1/2 cup sugar, butter or margarine, flour, salt, baking powder and milk.
2. Place cherries in the bottom of a 9 inch square pan. Spread dough over cherries.
3. In a small bowl, combine 2/3 cup sugar and cornstarch. Stir in boiling water. Pour mixture over the dough.
4. Bake at 350 degrees for 45 minutes. Serve warm.

*Makes 1 - 9 inch cobbler*



## ENERGIZE YOUR LIFE EAT HEALTHY BE ACTIVE

The WIC and Senior Farmers Market Nutrition Programs are sponsored by the U.S. Department of Agriculture; the Washington State Department of Health, Community Wellness and Prevention; and the Washington State Aging and Disability Services Administration.

Contact information:

WIC FMNP: 1-800-841-1410

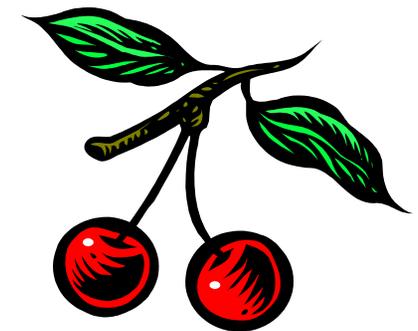
Senior FMNP: 1-800-422-3263

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WIC is an equal opportunity program.

Fresh-from-the-Farm:

## Cherries



## Washington WIC & Senior Farmers Market Nutrition Program

*Making it easier to add fresh fruits and vegetables to your diet, and support local farmers, too!*

## Selection & Preparation

- ◆ Choose firm, plump, shiny cherries with green stems attached.
- ◆ There are many different varieties of sweet cherries such as Chelan, Rainier, Lambert and Bing. Try a new variety today!
- ◆ Avoid cherries that are soft or have brown spots and those that appear either hard and/or shriveled or dull.
- ◆ Cherries bruise easily so handle with care.
- ◆ They should be refrigerated immediately and are best when used within 3 days.
- ◆ Cherries are delicious as a snack. Just grab a handful and enjoy or remove pits and add to fruit salads or yogurt.



## Nutrition Facts

Serving Size: 1/2 cup cherries

Amount Per Serving

**Calories 50**

	% Daily Value
<b>Total Fat 0.5 g</b>	<b>1%</b>
Saturated Fat 0 g	<b>0%</b>
<b>Sodium 0 g</b>	<b>0%</b>
<b>Total Carbohydrate 12 g</b>	<b>4%</b>
Dietary Fiber 2 g	<b>7%</b>
Sugars 10 g	
<b>Protein 1 g</b>	
Vitamin A	<b>4%</b>
Vitamin C	<b>8%</b>
Calcium	<b>2%</b>
Iron	<b>2%</b>
Folate 3 mcg	<b>1%</b>
Potassium 162 mcg	

## Key Nutrients

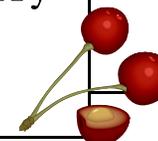
- ❖ **Potassium** – to maintain normal blood pressure levels.
- ❖ **Vitamin C** - to support healthy gums, skin and blood.
- ❖ **Fiber** - to help prevent constipation, control blood sugar and fiber may lower cholesterol.



## Northwest Cherry

Salsa

Serves 2



- 1 cup pitted sweet cherries
  - 1 tablespoon chopped fresh Basil
  - 2 tablespoons finely chopped bell pepper
  - 1 teaspoon lemon juice
  - 1/4 teaspoon grated lemon peel
  - 1/4 teaspoon Worcestershire sauce
  - 1/8 teaspoon salt
  - Dash hot pepper sauce *(optional)*
1. Chop cherries.
  2. Combine all ingredients and mix well.
  3. Refrigerate at least 1 hour.
- *This salsa goes well with pork, chicken or fish.*