



# Easy Cherry Hand Pies



From *PBS Kitchen Explorers*

## Ingredients



### Filling

- 1 cup chopped cherries
- 3 tablespoons sugar
- 2 teaspoons corn starch
- 1/2 teaspoon lemon zest
- pinch of salt
- 1 1/2 cups all purpose flour plus more for dusting

### Crust

- 1/2 cup cold unsalted butter
- 1 tablespoon sugar
- 1 pinch salt
- 1 teaspoon vinegar
- Up to 2 tablespoons water

Yield: 8 hand pies

Serving Size: 1 hand pie

## Directions



1. Preheat the oven to 375 degrees F.
2. To make the filling, mix the chopped cherries with the sugar, corn starch, lemon zest, and salt.
3. To make the crust, add the flour, butter, sugar, and salt to a food processor and pulsate until the mixture resembles fine cornmeal.
4. Add the vinegar and 1/2 tablespoon water and pulsate again. Dough should be workable but not sticky.
5. On a flour dusted surface, roll and cut the dough into small 4 inch circles that are 1/16-inch thick.
6. Spoon a tablespoon of filling on to one circle of dough. Place another dough circle on top of the filling and crimp it down with a fork until the edges are sealed. Repeat this until all the dough is used up.
7. Cut a "X" on top of each unbaked pie.
8. Brush each pie top with egg wash.
9. Place the pies on a baking sheet lined with parchment paper.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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# Fast Facts



## Featured Food Groups



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## Cooking Tips

- Like other fillings? Try other sweet options like berries, or even try savory pies like spinach and cheese or other veggies.
- Use half whole-grain flour to make half your grains whole!

Second Harvest is an equal opportunity provider.



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## Nutrition Facts

Easy Apple Hand Pies		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
<b>Calories</b>	<b>221.7</b>	
	% Daily Value*	
Total Fat	11.9 g	15 %
Saturated Fat	7.4 g	37 %
Trans Fat	0.5 g	
Cholesterol	30.5 mg	2 %
Sodium	111.2 mg	5 %
Total Carbohydrate	27 g	10 %
Dietary Fiber	2 g	7 %
Total Sugars	8.8 g	
Added Sugars	6.2 g	12 %
<b>Protein</b>	<b>3 g</b>	
Vitamin D	0 mcg	0 %
Calcium	11.8 mg	1 %
Iron	1 mg	6 %
Potassium	100.3 mg	2 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at [cronometer.com](http://cronometer.com)

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