



Savory Cherries

Recipe from *withfoodandlove.com*



Ingredients



- 1 cup of pitted and halved cherries
 - 1 Tbsp olive oil
 - 1 tsp balsamic vinegar
 - Large handful parsley, chopped
 - Pinch sea salt
 - Pinch pepper
- Yield: 1 cup
Serving Size: 1/2 cup



Directions



1. Toss the cherries with olive oil, balsamic, parsley, sea salt, and pepper.
2. Lay them flat on a baking sheet lined with parchment paper and roast for 10-15 minutes, or just enough until they become bubbly.
3. Remove them from the oven and allow to cool completely before adding them to the salad.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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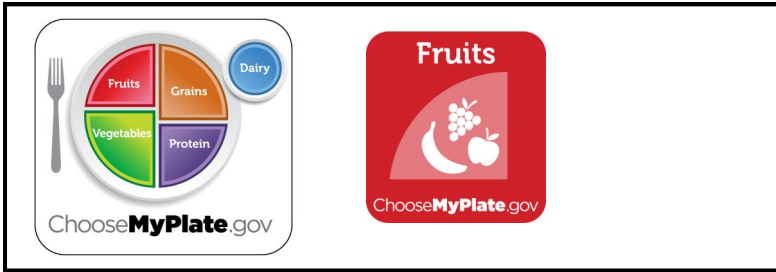
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Fast Facts



Featured Food Groups



Cooking Tips

- These cherries are roasted in a savory preparation, but they still finish on the sweeter side. They're delicious in a salad, alone with a dollop of coconut cream, or over polenta or pasta.
- Try swapping cilantro or basil for parsley!

Nutrition Facts	
2 servings per container	
Serving size	1/2 cup
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 0.9mg	4%
Potassium 235mg	4%

*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.

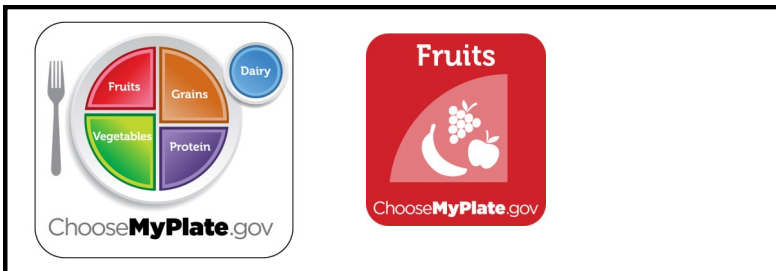
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