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# 10 ways with cherries

Antioxidant-filled cherries are always a highlight of summer. Grab them while you can!  
 By Zehra Jemal.



**1 Cherry salsa**  
 This zesty salsa is a great accompaniment to pork recipes and takes just 10 minutes to make. Simply combine zest of 1 lemon, 600g fresh pitted cherries, ½ finely chopped red onion, 1 teaspoon grated ginger and 2 tablespoons chopped basil leaves. Mix well, then serve with pork fillets or a roast.

**2 Batter booster**  
 Add 100g chopped, pitted cherries to pancake or cake batter (try adding them to HFG's gluten-free chocolate cake recipe – you can find the recipe on our website) for an extra-indulgent treat.

**3 Cherry chicken stuffing**  
 Combine ½ cup pitted, coarsely chopped cherries, ¼ diced onion and 1 teaspoon each chopped fresh sage and thyme. Make a horizontal slit in the side of 2 chicken breasts and fill with cherry mixture. 'Seal' the opening closed with toothpicks. Lightly spray chicken with oil and grill until cooked through.

**4 Cherry & walnut salad**  
 For a simple summer salad, combine baby spinach or rocket, thinly sliced red onion, chopped

walnuts, halved cherry tomatoes, goat's cheese and halved, pitted cherries in a large bowl. Dress the salad with a vinaigrette made from a little olive oil, orange juice and grainy mustard.

**5 Cheese & cracker alternative**  
 Blend chopped cherries and chopped almonds through light cream cheese and spread onto water crackers for a tasty party snack or afternoon treat.

**6 Cherry compote**  
 Cook 1 cup pitted cherries in a little simmering water until soft. Add 2 teaspoons sugar and continue simmering until sugar has dissolved. Allow to cool slightly, then serve cherry compote over low-fat ice-cream or stir through low-fat natural yoghurt.

**7 Pear-apple-cherry crumble**  
 Combine 2 chopped pears, 1 large chopped and peeled apple and 25 pitted cherries in a baking dish. Sprinkle 1 teaspoon sugar over fruit. In a separate bowl, combine ¾ cup natural muesli with 2 tablespoons each brown sugar and softened reduced-fat table spread. With clean hands, mix until well

combined. Scatter crumble mixture over fruit, then bake at 180°C for 15 minutes, or until crisp and golden.

**8 Bran muffins**  
 Next time you make bran muffins, add chopped cherries and ¼ teaspoon ground allspice to batter and bake as instructed.

**9 Quinoa cherry salad**  
 Bring 1 cup quinoa and 2 cups reduced-salt stock to the boil. Reduce heat to low, cover and simmer for 20 minutes, or until liquid is absorbed. Meanwhile, sauté 2 cups thinly sliced leek or brown onion, 1 cup chopped celery and ½ teaspoon chopped sage for 10 minutes, or until tender. Season with pepper. Add 1 minced garlic clove and cook for another 2 minutes. Stir through cooked quinoa, along with ¼ cup chopped walnuts and 1 cup chopped fresh cherries. Serve immediately.

**10 Summer fruit salad**  
 For a fresh fruit salad, combine chopped peaches, chopped plums, blueberries and pitted cherries in a large bowl. Sprinkle with toasted slivered almonds before serving. [hfg](#)