

HEALTHFUL EATING



Cherries Are The Pick Of The Season

(NAPSA)—In the summer, life is a bowl of cherries. The long, warm days have produce sections brimming with big, juicy, sweet cherries. To promote the nutritional benefits of fresh produce, there's the Pick of the Season, a public health initiative spotlighting seasonal fruit and vegetables, with recipes this quarter for cherries, a produce selection that travels from the great Northwest right to you.

Besides the great taste, cherries are also low in calories—only 90 calories for 1 cup—and contain no fat, sodium or cholesterol. However, they pack in some great nutrients, including vitamin C, fiber and potassium. So whether they're Bing or Rainier, this beautiful fruit is a crowd pleaser. Delicious in a recipe or by the handful, for dessert or a midday snack, you can enjoy cherries all season long and beyond.

There are so many ways to add cherries to your favorite recipes, like in cherry-stuffed grilled chicken, cherry and hazelnut salad, cherry clafouti and this cherry smoothie:

Cherry Smoothie

- 1 cup light vanilla yogurt
- $\frac{3}{4}$ cup pitted fresh or frozen sweet cherries
- $\frac{1}{2}$ cup drained canned mandarin orange sections



Summer's cherries are well worth the wait.

(canned in juice, no sugar added)

**$\frac{1}{4}$ teaspoon almond extract
4 ice cubes**

Combine all ingredients in blender; blend until smooth. Pour into a tall glass; serve immediately. POINTS® value per serving: 4; 239 calories, 0g fat, 3g fiber

Recipes like this one reflect the food values inherent in the Weight Watchers philosophy—that eating should be satisfying, as well as healthy.

To learn more, visit www.weightwatchers.com or call (800) 651-6000.

For more information on cherries, visit the Northwest Cherry Growers at www.nwcherries.com.