

*Prairie Grown*  
**Sour**  
*Cherries*

**Find**  
*Flavour*



A little bit *Tart*  
with a whole lot of *Sweet*



**Canadian  
Cherry  
Producers**



## Tart Cherries are:

- high in antioxidants
- intensely flavourful
- available fresh
- grown locally

## Chicken Cherry Wrap

my favourite easy tasty treat

|     |      |                            |
|-----|------|----------------------------|
| 1   | lb   | chicken breast chopped     |
| 1/2 | cup  | low fat mayonnaise         |
| 1   | tbsp | mustard                    |
| 1/4 | tsp  | salt                       |
| 1/2 | tsp  | pepper                     |
| 1   | cup  | dried cherries             |
| 3/4 | cup  | carrot shredded            |
| 1/2 | cup  | cucumber finely chopped    |
| 1/2 | cup  | minced onion               |
| 4   |      | flour tortillas small size |

Mix mayonnaise, mustard, salt and pepper in bowl. Gently mix in chicken, cherries, carrots, cucumbers, and onion. Lay tortilla on a plate and spoon 3/4 cup chicken mixture just below the center of each tortilla. Fold up bottom portion and roll tightly.

**Visit our website to find all of our sour cherry producers!**

Add them to your *Plate!*  
[www.cherryproducers.ca](http://www.cherryproducers.ca)