

## Recipes Made Using VEH Tart Cherry Poppy Seed

### Grilled Cherry Chicken

8 Fresh Chicken Breasts

½ C Diced Red Onion

½ C Diced Red Peppers

½ C Tart Cherry Poppy Seed

Dash Lemon Juice

Combine onion and peppers and ½ of dressing and allow to meld for 1 hour. Grill chicken till just about done and brush with rest of Tart Cherry Poppy Seed. Use pepper and onion mixture as garnish on finished Chicken.

### Cherry Salmon Salad

4 -4 oz Salmon Fillets

Fresh Salad Greens

1 C Red Onion

20 Cherry Tomatoes

1 T Fresh Chopped Dill

¼ C Tart Cherry Poppy Seed

Grill salmon steak until flaky. Lightly glaze with Tart Cherry Poppy Seed. Pull apart and place atop salad greens and garnishes. Top with fresh dill and remaining dressing. Try with shrimp or scallops!

### Tart Cherry Fruit Dip

8 oz Package Whipped Topping

½ C Tart Cherry Poppy Seed

Fresh Bite Sized Fruit Pieces

For a light Fruit Dip, simply mix whipped topping and dressing together. For a Richer dip, use dressing alone.

### Grilled Citrus Shrimp

12 Large Shrimp

1 C Pink Grapefruit Juice

1 C Chopped Red Onion

1 C Pineapple

½ C Tart Cherry Poppy Seed

Mix grapefruit juice and Tart Cherry Poppy Seed together. Toss with shrimp, onion and pineapple and grill over medium heat. Try as kabobs, too.

## Tips:

Do Not refrigerate Tart Cherry Poppyseed Dressing. If you have trouble getting the dressing to pour from bottle, try microwaving it for 15 seconds.

Use on any tossed salad or grilled chicken salad for extreme pleasure.

Drizzle over fresh melon for a nice fruit salad.

When grilling, consider brushing on later in the grilling process. This will help with caramelizing when used too soon.

You may enjoy this dressing as a dip for pretzels, especially butter twists