

"More and more, people are searching for delicious, natural foods that offer functional benefits, and tart cherries rise to the top. Science continues to support the many health

Recognized for their powerful nutrient profile and functional properties, tart cherries appear several times, including best foods for sleep, as well as best pain-fighting foods, best foods for muscle recovery, and best fruits overall.

- **Greens and Reds:** Toss grilled salmon, dried cherries and a dash of turmeric with salad greens for heightened flavor and pain-fighting nutrients.

Serves 4
Prep time: 20 minutes

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Cook time: 15 minutes

2 tablespoons red wine vinegar

- 1 teaspoon ground turmeric
3 tablespoons olive oil, divided
Salt and pepper

1/2 small head radicchio, cored and shredded

4 salmon fillets, about 3/4-inch thick
2 scallops, sliced

3	shallots, sliced
1/2	large jalapeño, halved seeded and thinly sliced

1 1/2 cups thawed frozen tart cherries

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1 1/2 teaspoons grated fresh ginger

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1/4 cup tart cherry juice

17.4 cup fruit cherry juice

Season salmon with salt and pepper. In large skillet over medium-high heat, warm remaining 1 tablespoon olive oil. Add salmon and cook until barely opaque throughout, 2 to 3 minutes per side. Arrange salmon on top of the salads.

Spoon cherry mixture over the salmon and serve.

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