



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Healthier Skin that Glows

What you eat is important for having a healthy complexion. Fruits and vegetables offer a tasty way to stay hydrated, which is a major factor for having healthy skin. Free radicals cause oxidative stress that can accelerate skin aging. Cherries are full of free radical-fighting antioxidants plus Vitamins A & C. Vitamin C may help combat effects of UV rays that cause skin damage. Serotonin, melatonin, and tryptophan help to improve sleep, which allows organs to repair and restore.

Cherries contain all these nutrients and when eaten regularly may contribute to having glowing summer skin.

Check out these and other recipes from Northwest Cherries for tasty ways to enjoy the protective nutrients in cherries.

Chocolate Cherry Smoothie

Ingredients:

- 2 cups Northwest Cherries, fresh or frozen
- 1 cup unsweetened non-dairy or dairy milk
- 2 Tbsps. cocoa powder
- 1 Tbsp. chia seeds
- 1/4 cup Greek yogurt
- Ice (only if using fresh cherries)



Directions:

Blend all ingredients together until smooth. Serves 2.

Cherry Chicken Salad

Ingredients:

Salad

- 2 heads romaine lettuce, chopped
- 2 cups Northwest cherries, pitted
- 2 cups sliced, cooked chicken breast
- parmesan croutons
- 2 Tbsp. shredded parmesan cheese



Lime Dressing

- 3 Tbsp. lime juice
- 1 clove garlic, crushed
- 1/2 tsp. salt
- 1/2 tsp. grated lime peel
- 1/4 tsp. ground black pepper
- 1/3 cup olive oil

Directions:

1. Combine the salad ingredients together in a large serving bowl.
2. Combine the lime juice, garlic, salt, pepper, and lime peel in a small bowl. Add olive oil and whisk until blended.
3. Pour lime dressing over the salad and top with Parmesan cheese, croutons, and chicken. Serves 6.