

SIMPLY GOOD FOOD

APRICOTS

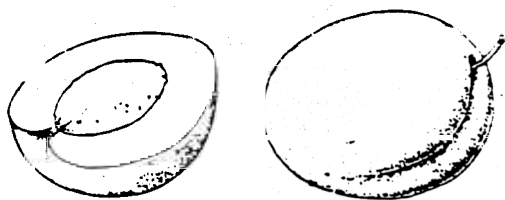
Season: June and July

Look for: Plump, juicy, orange-yellow apricots. Ripe fruit yield to gentle pressure on the skin. Avoid dull-looking, shriveled or soft fruit.

To store: Refrigerate. Use within 2 to 3 days

To prepare: Wash, cut in half and remove seed; peel if desired. To prevent browning, if cut apricots are not eaten immediately, sprinkle with lemon juice or ascorbic-acid mixture for fruit.

To serve: Eat out of hand, peeled or unpeeled. Use in recipes for salads, desserts.



Main Nutrients
Vitamin A
Potassium
Fiber

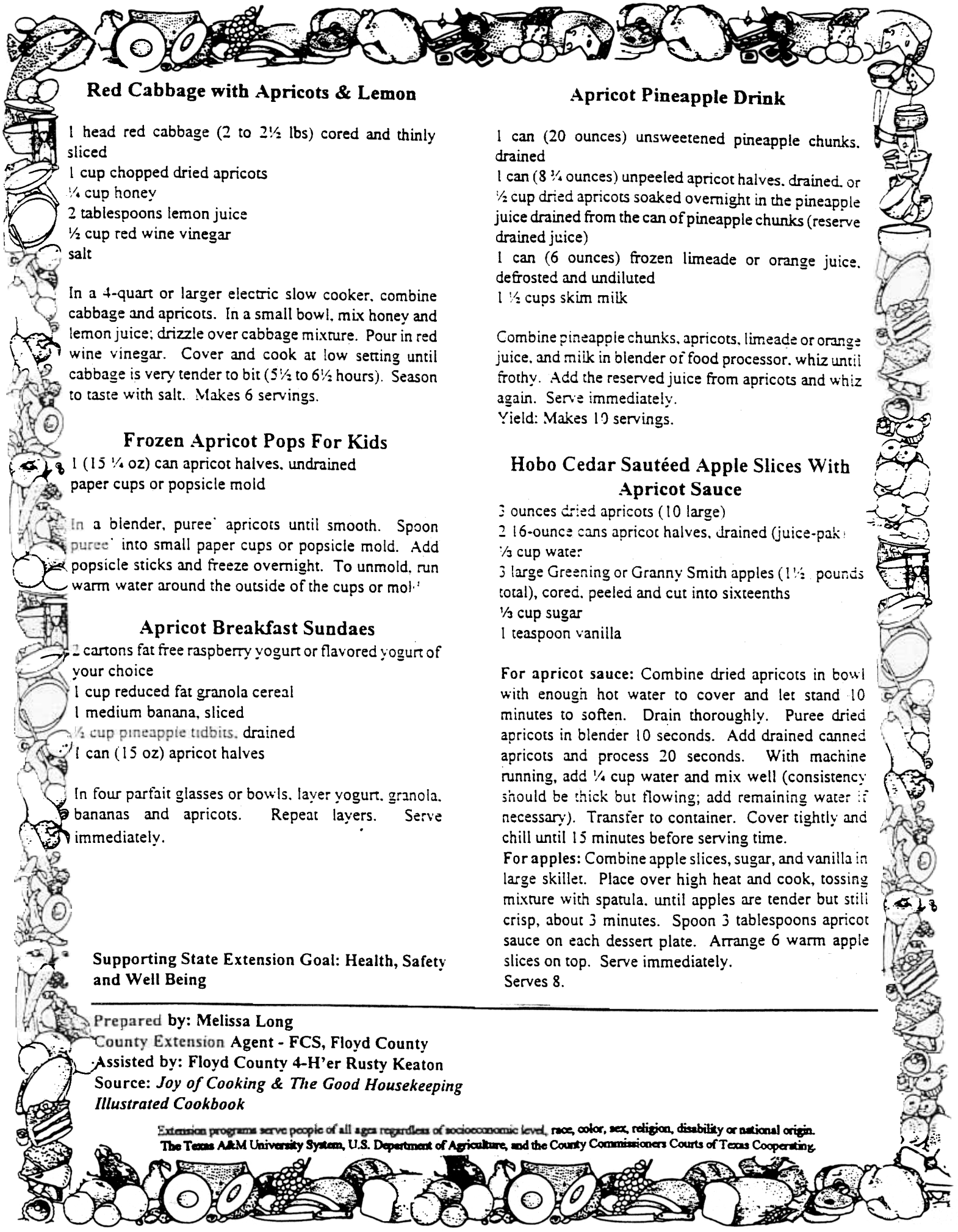
Available: Fresh, Canned, Dried, Frozen

Serving = ½ cup

In selecting fruit, size is less important than variety and ripeness. If apricots are soft, juicy, and fragrant, eat them the same or next day. They will ripen after picking, but fruit that is greenish yellow or does not have an apricot aroma will not have enough time to develop good flavor before it spoils. They will keep in the refrigerator for up to 1 week.

Cooked apricots are delicious, since heat intensifies their flavor. For cooking, use just-ripe fruit. Cook apricots only long enough to soften them, for they are mushy if overcooked. Apricots can be baked or grilled, but poaching preserves their delicacy.

- ☐ California produces 95% of the nation's apricot supply
- ☐ Apricots were first discovered growing wild on the mountain slopes of China nearly 4000 years ago
- ☐ The apricot is a fruit belonging to the rose family
- ☐ Apricot puree is on the rise as a new substitute for oil in high calorie, high fat recipes



Red Cabbage with Apricots & Lemon

- 1 head red cabbage (2 to 2½ lbs) cored and thinly sliced
- 1 cup chopped dried apricots
- ¼ cup honey
- 2 tablespoons lemon juice
- ½ cup red wine vinegar
- salt

In a 4-quart or larger electric slow cooker, combine cabbage and apricots. In a small bowl, mix honey and lemon juice; drizzle over cabbage mixture. Pour in red wine vinegar. Cover and cook at low setting until cabbage is very tender to bit (5½ to 6½ hours). Season to taste with salt. Makes 6 servings.

Frozen Apricot Pops For Kids

- 1 (15 ¼ oz) can apricot halves, undrained
- paper cups or popsicle mold

In a blender, puree apricots until smooth. Spoon puree into small paper cups or popsicle mold. Add popsicle sticks and freeze overnight. To unmold, run warm water around the outside of the cups or mold.

Apricot Breakfast Sundaes

- 2 cartons fat free raspberry yogurt or flavored yogurt of your choice
- 1 cup reduced fat granola cereal
- 1 medium banana, sliced
- ¼ cup pineapple tidbits, drained
- 1 can (15 oz) apricot halves

In four parfait glasses or bowls, layer yogurt, granola, bananas and apricots. Repeat layers. Serve immediately.

Supporting State Extension Goal: Health, Safety and Well Being

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Source: *Joy of Cooking & The Good Housekeeping Illustrated Cookbook*

Apricot Pineapple Drink

- 1 can (20 ounces) unsweetened pineapple chunks, drained
- 1 can (8 ¾ ounces) unpeeled apricot halves, drained, or ½ cup dried apricots soaked overnight in the pineapple juice drained from the can of pineapple chunks (reserve drained juice)
- 1 can (6 ounces) frozen limeade or orange juice, defrosted and undiluted
- 1 ½ cups skim milk

Combine pineapple chunks, apricots, limeade or orange juice, and milk in blender or food processor. Whiz until frothy. Add the reserved juice from apricots and whiz again. Serve immediately.
Yield: Makes 10 servings.

Hobo Cedar Sautéed Apple Slices With Apricot Sauce

- 3 ounces dried apricots (10 large)
- 2 16-ounce cans apricot halves, drained (juice-pak)
- ¼ cup water
- 3 large Greening or Granny Smith apples (1½ pounds total), cored, peeled and cut into sixteenths
- ¼ cup sugar
- 1 teaspoon vanilla

For apricot sauce: Combine dried apricots in bowl with enough hot water to cover and let stand 10 minutes to soften. Drain thoroughly. Puree dried apricots in blender 10 seconds. Add drained canned apricots and process 20 seconds. With machine running, add ¼ cup water and mix well (consistency should be thick but flowing; add remaining water if necessary). Transfer to container. Cover tightly and chill until 15 minutes before serving time.

For apples: Combine apple slices, sugar, and vanilla in large skillet. Place over high heat and cook, tossing mixture with spatula, until apples are tender but still crisp, about 3 minutes. Spoon 3 tablespoons apricot sauce on each dessert plate. Arrange 6 warm apple slices on top. Serve immediately.

Serves 8.