



Delicious, Versatile Apricots!

Whether fresh, frozen, canned, or dried, these little beauties add flavor to a variety of foods.

Apricot Vinaigrette

1 (15 oz.) can light apricot halves, drained
2 tablespoons balsamic vinegar
2 tablespoons water

1 large garlic clove
1 teaspoon fresh thyme
½ tablespoons olive oil

Combine first five ingredients in a blender; blend until smooth. With blender running, slowly add olive oil; blend until incorporated. Use as a salad dressing or marinade. Yield: 1 cup

One little apricot is packed with beta-carotene (an antioxidant), fiber, and iron - all for only 18 calories! What a bargain!

Apricot Salsa

6 – 7 fresh apricots or 1 can (15 oz.) apricot halves, packed in light syrup
1-2 tablespoons chopped cilantro
1/2 teaspoon vinegar
1/4 teaspoon grated lime peel
Salt and pepper, to taste
2 tablespoon chopped red onion

1/2 tablespoon olive oil
1/2 tablespoon lime juice
1/2 teaspoon minced jalapeno pepper
1/4 teaspoon ground cumin

Wash and pit fresh apricots or drain and rinse canned ones. Cut apricots into chunks. Combine apricots and remaining ingredients in bowl, stirring gently. Cover and refrigerate until ready to serve. Yield: About 6 servings

Honey Glazed Apricots

12 fresh apricots

¼ cup honey

¼ cup steak sauce

Line baking sheet with foil and turn broiler to high. Wash and split apricots, removing seeds. Combine honey and steak sauce in small bowl. Dip apricot halves in sauce and place on baking sheet. Broil 7 to 10 minutes or until apricots are slightly browned and soft. Yield: 4 – 6 servings

Where will this little cousin to the peach show up at your next meal?

- Go ahead - Use your imagination -

Try them in smoothies, salsas, salads, soups, stews, or even in the meat dish!

Warm Chicken, Apricot, and Spinach Salad



½ medium red onion, sliced
½ tablespoon extra virgin olive oil
5 ounces dried apricots, sliced into slivers
¼ cup cider vinegar
½ cup chicken stock
1 tablespoon cornstarch
1 tablespoon cold water

¼ teaspoon dried thyme
6 boneless, skinless chicken breasts
Salt as needed
Pepper as needed
9 cups spinach
Coarsely ground black pepper (optional)

Sauté onions in oil until transparent; add apricot, vinegar, and stock. Bring to a boil. Mix cornstarch with cold water. Add to boiling apricot mixture while stirring. Lower heat and add thyme. Keep warm for later use.

Season chicken with salt and pepper. Place chicken smooth side down in a heavy bottom skillet. Cook 4 to 6 minutes on each side over medium-heat, or until desired doneness.

For each portion: Toss 1½ cups spinach with 2½ ounces warm vinaigrette. Slice chicken and arrange on top of spinach. Sprinkle with crushed pepper. Serve immediately
Yield: 6 servings

Apricot Smoothie

1 (15 oz) can apricot halves, chilled
1 cup vanilla yogurt

¼ teaspoon vanilla extract
6 – 8 ice cubes

Combine all ingredients in a blender. Cover and blend on high speed until smooth. Add more ice for thicker consistency if desired.

Yield: 2 servings.

No matter how you use them ~ fresh, frozen, canned, pureed, juiced, or dried ~ apricots make a nutritious and tasty addition to your meals!

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689 or visit online at <http://www.fns.usda.gov/fsp/outreach/coalition/map.htm>. This institution is an equal opportunity provider and employer.