

## HARVEST OF THE MONTH:

# Apricots



## APRICOT NUTRITION BENEFITS

### Apricots have:

#### 1. Vitamin C

Keeps your immune system strong and healthy, preventing you from getting colds and helping heal cuts.

#### 2. Vitamin A

Keeps your eyes healthy.

#### 3. Potassium

Is an essential nutrient used to maintain fluid and electrolyte balance in the body. Potassium is also found in your muscle cells.

#### 4. Fiber

Helps you feel full and keep your blood sugar level normal. Fiber also helps you maintain a healthy weight. Fiber is found only in plant foods like fruits, vegetables, grains, nuts, and seeds.

## PRODUCE TIPS

- Apricots should be firm and have a consistent yellow/orange/red color.
- Avoid those with bruises or soft spots.
- Apricots can be stored in the refrigerator for up to a week and should be rinsed before eaten.

## HOW MUCH DO I NEED TO EAT?

- The amount of fruits and vegetables you need depends on your age, gender, and how active you are every day.
- Everyone needs 5 to 9 servings of fruits and veggies daily!
- 1 medium to large apricot is about equal to one serving.
- All forms count toward your daily amount – fresh, frozen, canned, dried, and 100% juice.
- Eating a variety of colorful fruits and vegetables every day will help you get the nutrients you need to be healthy.

## HEALTHY SERVING IDEAS

- Blend fresh or frozen apricots with lowfat milk, 100% orange juice, and ice.
- Combine apricots, lowfat yogurt, and granola for a healthy snack.

## Nutrition Facts

Serving Size 35 g

### Amount Per Serving

**Calories** 17      Calories from Fat 1

**% Daily Value\***

**Total Fat** 0g      0%

Saturated Fat 0g      0%

Trans Fat

**Cholesterol** 0mg      0%

**Sodium** 0mg      0%

**Total Carbohydrate** 4g      1%

Dietary Fiber 1g      3%

Sugars 3g

**Protein** 0g

Vitamin A 13% • Vitamin C 6%

Calcium 0% • Iron 1%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

# Apricot Recipes

## CHILLED APRICOT-STRAWBERRY SOUP

### INGREDIENTS

- 2 cups strawberries, hulled
- 2 cups ripe fresh apricot halves
- 1 cup nonfat vanilla yogurt
- 1 ½ teaspoons lemon juice

### DIRECTIONS

In a food processor or blender, combine the strawberries and apricots. Process until smooth. Transfer to a medium bowl and stir in the yogurt and lemon juice. Cover and refrigerate for 20 minutes.

## APRICOT OATMEAL COOKIE

### INGREDIENTS

- ⅓ cup roasted coconut
- 1 ½ cups oats
- ½ cup whole wheat flour
- ½ tsp. baking soda
- ½ teaspoon salt
- ½ cup oil
- 1 tsp vanilla extract.
- ¾ cup brown sugar
- 1 egg
- ¼ cup chopped dried apricots
- 1 Tbsp. milk

### DIRECTIONS

Mix dry ingredients. Add the wet ingredients. Mixture will be dry. Press into greased mini muffin tin. Bake at 350 for 10 minutes. Wait till cookies cool completely before taking out of muffin tin.

## APRICOT FRUIT LEATHER (ROLL-UP)

### INGREDIENTS

- 1 teaspoon lemon juice
- 1/2 cup white sugar
- 2 cups pitted and diced fresh apricots

### DIRECTIONS

Preheat the oven to 150 degrees F, or the lowest setting you have. Combine the lemon juice, apricots and sugar in a saucepan. Cook over medium heat until sugar has dissolved. Transfer to a blender and puree until smooth.

Cover an 11x17 inch pan or cookie sheet with a layer of plastic wrap. Pour the pureed fruit onto the plastic and spread evenly to within 1 inch of the edge. Bake for 4 to 6 hours in the preheated oven, using a spoon or a pair of tongs to keep the door slightly ajar, or until the puree has dried and is no longer sticky. Once dry, you can cut it into strips and store in an airtight container.

## APRICOT LENTIL SOUP

### INGREDIENTS

- 3 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1/3 cup dried apricots
- 1 1/2 cups red lentils
- 5 cups vegetable stock
- 1/2 teaspoon ground cumin
- 1/2 teaspoon dried thyme
- 2 tablespoons fresh lemon juice
- 3 medium tomatoes - peeled, seeded and chopped

### DIRECTIONS

Sauté onion, garlic, and apricots in olive oil. Add lentils and stock. Bring to a boil, then reduce heat and simmer 30 minutes. Stir in tomatoes, and season with cumin and thyme. Simmer for 10 minutes. Stir in lemon juice. Puree 1/2 of the soup in a blender, then return to the pot. Serve.