

Apricots

Key Points

- For the best buy, choose apricots that are plump and firm with an orange to yellow color.
- To prepare fresh apricots, rinse and eat. Avoid the pit inside.
- To keep fresh, store at room temperature for up to 5 days (if the apricot is already ripe, store it in the refrigerator).
- Apricots contain vitamin A, which is good for healthy eyes and skin.



Apricot Salsa

Ingredients:

- 1 1/2 cups chopped apricots
- 1 cup chopped cucumber
- 2 tablespoons chopped red onion
- 2 tablespoons lime or orange juice
- 1 teaspoon vegetable oil
- 1 tablespoon chopped parsley

Directions:

1. Combine all ingredients in a large bowl, stirring gently.
2. Chill before serving.
3. Refrigerate leftovers.

Makes 4 servings.

Apricot Apple Salad

Ingredients:

- 1 can (15 ounces) apricots, juice drained and set aside
- 1 cup drained canned pineapple, with 1/2 cup juice set aside
- 1 package (3.4 ounces) instant vanilla pudding
- 2 apples

Directions:

1. In a large bowl, whisk together apricot juice, pineapple juice, and pudding mix.
2. Cut apricots into bite size pieces.
3. Core apples and cut into bite size pieces.
4. Mix apricots, apples, and pineapple into the pudding.
5. Stir gently to coat.
6. Chill before serving.
7. Refrigerate leftovers.

Makes 6 servings.

Quick Tips

- Replace butter (or other fats) with pureed apricots when baking.
- Travel with dried apricots to eat as a quick snack.
- Add canned apricots to oatmeal, cottage cheese or yogurt.
- Remember to rinse all fruits and vegetables before using.