

Apricot

A relative of the peach, the apricot is smaller and has a smooth, oval pit that falls out easily when the fruit is halved. The skin and flesh are a golden orange color.

Apricots are fruit which grow on trees.

Apricots originated in China over 4,000 years ago.

Spanish explorers introduced apricots to the New World and they were planted at missions all over California. The first major production of apricots in America was in 1792 south of San Francisco, California.

In the United States 95% of apricots grow in the San Joaquin Valley and other parts of northern California.

VARIETIES

There are many varieties of apricots raised in the United States. Some of the most common varieties are Patterson, Blenheim, Tiltons and Castlebrites. Apricot season is from late May through June.



NUTRITION FACTS

- Fat free
- Sodium free
- Cholesterol free
- High in vitamin C
- High in vitamin A
- Good source of potassium

USES

Apricots are great to eat raw or dried, and are also terrific cooked. The nutrients are more concentrated in dried than fresh apricots — dried apricots also have a higher sugar content, which makes them more likely to stick to your teeth.



Apricot Bars
Preparation time: 15 minutes
Number of servings: 16
Cups of fruits or vegetables per serving: 0.25



1 c. oatmeal, uncooked	¼ tsp. baking soda
1 c. all-purpose flour	⅓ c. canola oil
⅓ c. brown sugar	5 T. apple juice, divided
½ tsp. cinnamon	½ c. apricot jam
¼ tsp. salt	1 (7 oz.) pkg. dried apricots, diced

1. Preheat oven to 350° F. Spray a 9x9-inch baking dish with non-stick cooking spray. Set aside.
2. In a large bowl, mix together oatmeal, flour, brown sugar, cinnamon, salt, and baking soda.
3. In a small bowl, whisk oil and 3 tablespoons juice together and pour over oat mixture. Mix well.
4. Reserve ¾ cup crumb mixture for topping.
5. Press the remaining crumb mixture evenly into prepared baking pan.
6. In a small bowl, blend jam with remaining 2 tablespoons of juice. Stir in dried apricots.
7. Spread apricot mixture evenly over crust. Sprinkle reserved crumb mixture over apricots.
8. Bake for 35 minutes or until golden brown. Cool in pan on wire rack. Cut into bars.

Nutrition Information per Serving: Calories 160, Total Fat 5 g (8% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 65 mg (3% DV), Total Carbohydrate 28 g (9% DV), Dietary Fiber 1 g (4% DV), Sugars 9 g, Protein 2 g, Vitamin A 15%, Vitamin C 2%, Calcium 2%, Iron 8%.

Winter Fruit Salad
Preparation time: 20 minutes
Number of servings: 5
Cups of fruits or vegetables per serving: 1.5



1 (16 oz.) can pear halves, drained	1¼ c. lemon or vanilla low-fat yogurt
1 (16 oz.) can sliced peaches, drained	1 c. granola
1 (16 oz.) can apricot halves, drained	cinnamon, optional
1 (20 oz.) can pineapple chunks, drained	

1. Cut the pear halves in several pieces.
2. Cut the peaches and apricots in half once.
3. In a medium bowl, mix all fruit together.
4. Pour the yogurt over the fruit and mix gently.
5. Spoon mixture into 5 different bowls and sprinkle granola on top.

* Sprinkle cinnamon on top, if desired.

Nutrition Information per Serving: Calories 320, Total Fat 4 g (6% DV), Saturated Fat 1 g (3% DV), Cholesterol 5 mg (2% DV), Sodium 70 mg (3% DV), Total Carbohydrate 70 g (23% DV), Dietary Fiber 9 g (36% DV), Sugars 51 g, Protein 8 g, Vitamin A 40%, Vitamin C 40%, Calcium 15%, Iron 10%.