



## **Pick a better snack – Apricots** **Wash. Eat. How easy is that?**

### **On the Go – with Apricots! *Quick nibbles:***

- Fresh and dried apricots make a perfect take-anywhere snack. The dark gold color of these velvety pieces of fruit is a great clue to their nutritional value – rich in beta carotene (vitamin A), vitamin C, fiber and potassium. Dried apricots are also rich in iron.
- Add fresh, dried or canned apricots to cold or warm cereal for a sweet treat.
- Smash a fresh or canned apricot on a piece of whole wheat toast and top with low-fat vanilla yogurt. Or roll them up in a tortilla.
- Try mixing equal parts of apricot nectar with pineapple juice. Add sugar-free lemon-lime soda, if you wish. Apricot nectar, which is the name given to apricot juice, is a good source of potassium and beta carotene (vitamin A).



### **Apricots: Wash. Eat. How easy is that?**

#### ***Buying tips for fresh apricots:***

- Select apricots that are plump and yellowish-orange-gold in color, with a fairly firm texture.
- Avoid apricots with mushy spots. Avoid those with a pale yellow or greenish color, since they may never develop full flavor.

#### ***Storing tips for fresh apricots:***

- Do not wash apricots before storing them. Rather, rinse them just before use.
- Store not-yet-ripe apricots at room temperature in a paper bag on the kitchen counter until they begin to soften slightly. Check them every day.
- Place ripe apricots in the refrigerator, away from vegetables. Use them within a few days, if possible.

***Measuring apricots:*** About 4 apricots, or 8 halves, makes 1 cup sliced.

***Did you know?*** Apricots ripen earlier than most other summer fruits.

For more information about healthy eating, contact your local extension office. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, contact your local SRS Service Center or call 1-800-221-5689.



## Cooking with Apricots

Use apricots instead of peaches in any recipe

### Easy Apricot Topping (Makes 2 servings, each 1/4 cup)

Serve over vanilla yogurt, cooked pork, toast, tortillas, pancakes, waffles, biscuits, angel food cake, low fat ice cream or frozen yogurt.

#### Ingredients:

- 1 teaspoon granulated white sugar
- 1/2 teaspoon ground cinnamon
- 1 tablespoon apricot nectar or apple juice
- 2 fresh apricots or 4 canned apricot halves, drained



#### Directions:

1. In a bowl or a jar with a lid, mix sugar, cinnamon and nectar or juice.
2. Chop apricots. Stir them into the spiced juice mixture.
3. Cover and refrigerate for one hour or longer, to allow flavors to blend.
4. Use as a topping over pancakes, waffles or a dessert of your choice.
5. Cover and refrigerate leftovers within two hours.

<b>Nutrition Facts</b>	
Serving Size 1/4 cup (46g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories 30</b>	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 8g</b>	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 6g	
Protein 1g	
Vitamin A 15%	Vitamin C 6%
Calcium 2%	Iron 2%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

### Apricot Pitas (Makes 2 servings)

#### Ingredients:

- 1 piece of pita bread, preferably whole wheat
- 1/2 c cottage cheese, preferably low-fat or nonfat
- 2 apricots, with seeds removed and thinly sliced
- 4 thin slices of cucumber
- 4 thin slices of red or green sweet bell peppers

#### Directions:

1. Cut pita bread in half. Open the “pocket.”
2. Fill each pita half with 1/4 cup cottage cheese.
3. Top cheese with slices of apricots, cucumber and sweet bell pepper.
4. Serve immediately as a snack or as a cold side dish.

<b>Nutrition Facts</b>	
Serving Size = One pocket (141g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories 110</b>	Calories from Fat 15
% Daily Value*	
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 1g	<b>4%</b>
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 320mg</b>	<b>13%</b>
<b>Total Carbohydrate 16g</b>	<b>5%</b>
Dietary Fiber 2g	<b>9%</b>
Sugars 6g	
Protein 9g	
Vitamin A 15%	Vitamin C 30%
Calcium 6%	Iron 4%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
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Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



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