



Apricots



The first sign of summer!

Nutritional Benefit:

- One apricot has only 17 calories.
- Excellent source of beta-carotene and vitamin C.

How to Pick, Store, & Prepare:

- Choose plump orange apricots with a sweet aroma.
- A ripe apricot will yield to slight pressure. Avoid apricots with soft spots or mold.
- Apricots can be ripened at room temperature in a paper bag with an apple for a few days.
- Once ripe, apricots can be stored in a plastic bag in the crisper drawer of the refrigerator and used within 3 to 5 days.
- To remove the pit, slice around the seam, twist in half and lift the pit out.
- Lemon juice or fruit fresh will prevent the flesh from darkening after slicing.

How to Increase Consumption:

- Add sliced apricots to hot or cold cereal, pancakes, or salads.
- For a Middle Eastern flavor, add to chicken or vegetable stews.
- Enjoy dried apricots for a sweet snack.



This publication was supported by the CDC Cooperative Agreement number U58/DP001494.
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Apricot Recipe

Zesty Carrots with Apricots

Serves 6 (about ½ cup each)

- 8 medium carrots, sliced
- 10 dried apricots, sliced
- 1 Tbsp. butter
- 1 Tbsp. packed brown sugar
- 1 Tbsp. snipped fresh dill or 1 tsp. dried dill weed
- ½ tsp. fennel seed, crushed
- ½ tsp. prepared mustard



In a saucepan over medium-high heat, cover carrots with water and bring to boiling. Cover and cook carrots 8 minutes or until crisp-tender; drain. Add remaining ingredients and stir until blended and butter is melted.

Per serving: 90 calories, 2 g fat, 1 g protein, 18 g carbohydrate, 4 g fiber, 75 mg sodium

This recipe is a Foot Steps to Health Recipe and 500 Club Approved

For previous nutrition material, recipes and future nutrition kiosks visit:

<http://www.childhoodobesitycoalition.org/>