



Newsletter June, 2016

Food Stamp Nutrition  
Education Program

TEXAS A&M  
AGRI LIFE  
EXTENSION

BETTER LIVING  
FOR TEXANS

Texas A&M AgriLife Extension Service, Texas Department of Human Services, and USDA Food & Nutrition Services Cooperating

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## Simply Good Food APRICOTS

Apricots are available fresh, canned, dried or frozen. In selecting fruit, size is less important than variety and ripeness. If apricots are soft, juicy, and fragrant, eat them the same or next day. They will ripen after picking, but fruit that is greenish yellow or does not have an apricot aroma will not have enough time to develop good flavor before it spoils. They will keep in the refrigerator for up to 1 week.



Cooked apricots are delicious, since heat intensifies their flavor. For cooking, use just-ripe fruit. Cook apricots only long enough to soften them, for they are mushy if overcooked. Apricots can be baked or grilled, but poaching preserved their delicacy.

**Season:** June and July

**Look for:** Plump, juicy, orange-yellow apricots. Ripe fruit yield to gentle pressure on the skin. Avid dull-looking, shriveled or soft fruit.

**To Store:** Refrigerate. Use within 2 to 3 days.

**To Prepare:** Wash, cut in half and remove seed; peel if desired. To prevent apricots from browning (if cut apricots are not eaten immediately), sprinkle with lemon juice or ascorbic-acid mixture for fruit.

**To Serve:** Eat out of hand, peeled or un-peeled. Use in recipes for salads or desserts.

### Main Nutrients

Vitamin A  
Potassium  
Fiber



- One serving is ½ cup
- California produces 95% of the nation's apricot supply.
- Apricots were first discovered growing wild on the mountain slopes of China nearly 4,000 years ago.
- The apricot is fruit belonging to the rose family.
- Apricot puree is on the rise as a new substitute for oil in high calorie, high fat recipes.

## RECIPES

### Red Cabbage with Apricots & Lemon

- 1 head red cabbage (2 to 2 ½ lbs.) cored and thinly Sliced
- 1 cup chopped dried apricots
- ¼ cup honey
- 2 tablespoons lemon juice
- ½ cup red wine vinegar
- Salt



In a 40quart or larger electric slow cooker, combine cabbage and apricots. In a small bowl, mix honey and lemon juice; drizzle over cabbage mixture. Pour in red wine vinegar. Cover and cook at low setting until cabbage is very tender to bit (5 ½ to 6 ½ hours). Season with salt to taste. Make 6 servings.

### Frozen Apricot Pops for Kids

- 1 (15 ¼ oz.) can apricot halves, undrained.
- Paper cups or popsicle mold

In a blender, puree apricots until smooth. Spoon puree into small paper cups or popsicle mold. Add popsicle sticks and freeze overnight. To unmold, run warm water around the outside of the cups or molds.

## Apricot Breakfast Sundaes

- 2 cartons fat free raspberry yogurt or flavored yogurt of your choice.
- 1 cup reduced fat granola cereal
- 1 medium banana, sliced
- ½ cup pineapple tidbits, drained
- 1 can (15 oz.) apricot halves

In four parfait glasses or bowls, layer yogurt, granola, bananas and apricots. Repeat layers. Serve immediately.

## Apricot Pineapple Drink

- 1 can (20 oz.) unsweetened pineapple chunks, drained
- 1 can (8 ¾ oz.) unpeeled apricot halves, drained, or ½ cup dried apricots soaked overnight in the pineapple juice from the can of pineapple chunks (reserve drained juice)
- 1 can (6 oz.) frozen limeade or orange juice, defrosted and undiluted.
- 1 ½ cups skim milk

Combine pineapple chunks, apricots, limeade or orange juice and milk in blender or food processor. Whiz until frothy. Add the reserved juice from apricots and whiz again. Serve immediately. Makes 10 servings.



**For apricot sauce:** Combine dried apricots in bowl with enough hot water to cover and let stand 10 minutes to soften. Drain thoroughly. Puree dried apricots in blender 10 seconds. Add drained canned apricots and process 20 seconds. With machine running, add ¼ cup water and mix well (consistency should be thick but flowing; add remaining water if necessary). Transfer to container. Cover tightly and chill until 15 minutes before serving time.

**For apples:** Combine apples slices, sugar and vanilla in large skillet. Place over high heat and cook, tossing mixture with spatula until apples are tender but still crisp, about 3 minutes. Spoon 3 tablespoons apricot sauce on each dessert plate. Arrange 6 warm apple slices on top. Serve immediately. Serves 8.

***Source:** Supporting State Extension Goal: Health, Safety and Well Being; prepared by: Melissa Long, Agent-FCS, Floyd County, and assisted by Floyd County 4-Her Rusty Keaton; Joy of Cooking & The Good Housekeeping Illustrated Cookbook; and modified by Sherri Halsell, County Extension Agent, FCS, Clay County.*

If you would like to contact me please do so at my office at 210 W. Ikard, Suite B, Henrietta (next to the post office) or call 940/538-5042, 538-5052, or email [swhalsell@ag.tamu.edu](mailto:swhalsell@ag.tamu.edu).

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## Hobo Cedar Sauteed Apple Slices With Apricot Sauce

- 3 oz. dried apricots (10 large)
- 2 16-oz. cans apricot halves, drained
- 1/3 cup water
- 3 large Greening or Granny Smith apples (1 ½ lbs. total), cored, peeled and cut into sixteenths
- 1/3 cup sugar
- 1 teaspoon vanilla

