

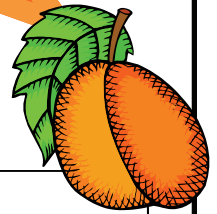
Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

The produce of the week is...

Apricot

You can find POW! info sheets on the EHHD website!
www.ehhd.org

Look for
Produce Of the Week



What fruit is crossed with a plum to get pluots & plumcots?
APRICOTS!

- ⇒ Select fruit that are brightly colored (orange)
- ⇒ Pick fruit that are slightly soft
- ⇒ Avoid pale or green fruit; or those with blemishes & soft spots
- ⇒ Store fresh apricots up to 2 days in the refrigerator
- ⇒ You can dry or freeze apricots; remove the skin and seed before either process

- ♦ **4 apricots (fresh or dried) are one serving**
- ♦ **One serving contains about 70 calories**
- ♦ **Apricots are an excellent source of vitamins A & C**

Did you know ?

Apricots have been grown in California since before 1800?

Spanish explorers brought apricots to California and planted them at mission sites.

95% of U.S. grown apricots are from California!

Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7





Eastern Highlands Health District

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Try these delicious, nutritious and healthy recipes!

Apricot-Couscous Salad

4 Servings

INGREDIENTS

| | |
|---|--------------------------------|
| 2/3 cup dry couscous | 1/3 cup slivered almonds |
| 1/4 cup apricot, diced (fresh or dried) | 1/3 cup raisins or cranberries |
| 2 T orange juice | 1/2 tsp cumin |
| 2 scallions, thinly sliced (including greens) | |

DIRECTIONS

1. Prepare couscous as stated on package
2. Toss prepared couscous with remaining ingredients; serve chilled or at room temperature

Simple ways to enjoy Apricots:

Fresh apricots can be eaten whole (like a plum or peach) or cut in half with the pit removed. Try fresh or dried apricots on a peanut butter sandwich in place of jam or honey.

Moroccan Soup

6 Servings

INGREDIENTS

| | |
|--|--|
| 1 onion, diced | 2 cloves garlic, minced |
| 1/3 cup diced apricot (dried or fresh) | 1 1/2 cup dry red lentils |
| 2 cans chicken or vegetable stock | 1 cup fresh diced tomatoes (or 15 ounce can) |
| 1/2 tsp ground cumin | 1/2 tsp thyme |
| 2 T lemon juice | |

DIRECTIONS

1. In a large stock pot, pour a few tablespoons of stock in the bottom and heat over medium heat. Add onion, apricot, and garlic and cook until onion is transparent.
2. Add remaining stock and lentils and bring to a boil; reduce heat and simmer for 30 minutes
3. Add tomatoes and seasonings and simmer 10 more minutes; add lemon juice and stir well
4. Serve or puree 1/2, return to pot and serve (depending on preference for chunky or creamy soup)

Recipes modified from morematters.org & allrecipes.com

Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!