



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Apricot

Lakota: tǎspáŋhiŋšmá čík'ala



Pick it!

Choose plump, firm apricots with uniform yellow/orange color, no green or mushy spots.

Try it!

Can be substituted in any recipe that calls for peaches.

Like it!



This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

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SOUTH DAKOTA STATE
UNIVERSITY EXTENSION



In season:



Summer

Apricot

Lakota: tháspáŋhiŋšmá čík'ala

Pick it!

Choose plump, firm apricots with uniform yellow/orange color and no green or mush spots.

Apricots will ripen at room temperature, but placing apricots in a paper bag will speed ripening.

Ripe apricots will be slightly soft and can be eaten at any time.

If not eaten right away, ripe apricots can be stored in the refrigerator for a few days.



Try it!

Ripe apricots are great sliced and eaten raw.

Substitute in any recipe that calls for peaches.

Slice apricots in salads to add sweetness.

Broil or bake, halve fruit, remove pit, bake until tender when pierced with fork, top with cinnamon-sugar or low-fat yogurt.

For a sweet treat, sauté in a nonstick skillet with butter and cinnamon.



Types of Apricots

Moorpark: Juicy, sweet tasting fruit, good flesh, dried, canned, large, oval shaped fruit, light yellow-orange skin

Tilton: Leading commercial variety for drying and canning, small, medium fruit, golden yellow skin and dark red blush



Did you know...

Apricots are very high in vitamin A and vitamin C. Vitamin A is important for your eyesight, immune system and bone growth. Vitamin C helps heal wounds.

Like it!

Apricot Pitas

Ingredients

- 1 piece of whole wheat pita bread
- ½ cup low-fat or nonfat cottage cheese
- 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 ¼ cup cottage cheese.
3. Top cottage cheese with slices of apricots, cucumber and sweet bell pepper.
4. Serve immediately as a snack or as a cold side dish.

Yields 2 servings

Nutrition Facts per Serving:

Calories 110; Fat 2g; Cholesterol 10mg; Sodium 320mg;
Carbohydrates 16g; Fiber 2g; Sugar 6g; Protein 9g

Refreshing Apricot Smoothie

Ingredients

- 1 (15 ounce) can apricot halves (chilled)
- 1 cup low-fat plain or vanilla yogurt
- ⅛ teaspoon vanilla extract (2-3 drops to taste)
- 6 ice cubes

Directions

1. Combine all ingredients in blender.
2. Cover and blend on high until smooth.
3. Add more ice cubes for a thicker smoothie.

Yields 2 servings

Nutrition Facts per Serving:

Calories 260; Fat 2g; Cholesterol 5mg; Sodium 90mg;
Carbohydrates 60g; Fiber 6g; Sugar 41g; Protein 8g;
Calcium 245mg

Sources: myplate.gov/search?keyword=apricot

Lakota word translated by Jeshua Estes

**Find more recipes
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- Choose plump, firm apricots with uniform yellow/orange color.
- Watch out for green or mush spots.
- Apricots will ripen at room temperature.
- For quicker ripening place in paper bag.
- Ripe apricots will be slightly soft.
- Store ripe apricots in refrigerator for a few days if not eaten right away.
- Ripe apricots are great raw.
- Easily substitute in any recipe that calls for peaches.
- Slice apricots in salads to add sweetness.

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In season:



Summer

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Sampling Display Instructions

Apricot Pitas

Ingredients	24 samples	32 samples	48 samples
Samples: 2 Tablespoons on flatbread or pita bread wedge			
Flatbread, whole wheat, cut into 8 squares	3 pieces	4 pieces	6 pieces
Cottage cheese, low-fat	1 ½ cups	2 cups	3 cups
Apricots, seeded and cut into 8 thin wedges	6 apricots	8 apricots	12 apricots
Cucumber slices	24 thin slices	32 thin slices	48 thin slices
Red or green sweet bell pepper wedges	24 small wedges	32 small wedges	48 small wedges

Directions:

1. Prepare and slice flatbread, apricots, cucumber and bell peppers. Place each into a separate container. Put the containers of apricots, cucumber, bell peppers and cottage cheese into a cooler with ice for transport to the store.
2. Assemble at the display table keeping ingredients except flatbread on ice. Place each flatbread on a plate. Add 1 Tablespoon of cottage cheese, 2 wedges of apricot, a segment of cucumber and a bell pepper wedge to each square.
3. Place 1 full-sized pita or flatbread sample on the table for reference.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small cups, plastic forks or spoons
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional)
youtube.com/watch?v=ETn-hLxvV-fw



Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Place a few samples out at a time in small cups. Provide spoons. Ask parent's permission before children sample.
- Prepare Apricot Pitas. Transport in an airtight container and place in a cooler.
- Ask if they use apricots often in their meals or snacks. Ask if they could use this recipe. Remind that leftovers can be refrigerated for 2-3 days without the flatbread.
- Lakota word translated by Jeshua Estes.

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Sampling Display Instructions

Refreshing Apricot Smoothie

Ingredients	24 samples	32 samples	48 samples
Canned apricot halves	15 ounces	20 ounces	30 ounces
Low-fat plain or vanilla yogurt	1 cup	1 cup, 5 Tablespoons, 1 teaspoon	2 cups
Vanilla extract	$\frac{1}{8}$ teaspoon	$\frac{1}{4}$ teaspoon	$\frac{1}{4}$ teaspoon
Ice cubes	6	8	12

Directions:

1. Combine all ingredients in blender.
2. Cover and blend on high until smooth.
3. Add more ice cubes for a thicker smoothie.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small cups, plastic forks or spoons
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youtube.com/playlist?list=PLlIdDb7IZYqIWYg_nH3tCtQgNv0DcsstQ



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