

COMMODITY FOODS APRICOTS, CANNED



Storage

- Store unopened cans in a cool, dry place.
- Unopened can should be used within 12 to 18 months.
- After opening can, store unused apricots in a covered container in the refrigerator and use within 5 to 7 days.

Uses & Tips

- Canned apricots are a quick and tasty dessert cold or at room temperature. Add them to cottage cheese, ice cream, desserts, salads and smoothies.
- Apricots can be used in many recipes instead of peaches or nectarines such as tarts, cobblers or cakes.

Apricot Oatmeal Squares Serves 20.
1 cup margarine/ butter 1 teaspoon salt
3/4 cup brown sugar 1 teaspoon baking soda
3/4 cup sugar 3 cups quick-cooking oats
2 eggs 1 (15 1/4 oz.) can apricot halves,
2 teaspoons vanilla drained and diced
1 1/2 cups flour

1. Preheat oven to 375°F. Grease a 13"x9" pan and set aside.
2. Melt butter, add sugars and blend well.
3. Add eggs and vanilla and blend.
4. In a separate bowl, combine flour, salt, baking soda and mix together.
5. Add dry ingredients to the butter, eggs and sugars.
6. Add oats and blend until combined.
7. Add apricots and gently stir.
8. Spoon mixture evenly into pan and bake 20-25 minutes until toothpick pulls out clean; do not overcook.

Variations: Add 1 cup chocolate chips or 1/2 cup of chopped walnuts or coconut.

NUTRITION FACTS (per serving) - Calories 230 ~ fat 11 g ~ calories from fat 100 ~ sodium 280 mg ~ total carbohydrate 32 g ~ fiber 2 g