



## Apricots, Canned

MyPlate Food Group: **Fruit**



### Nutrition Information

- 1 cup of canned apricots counts as 1 cup of fruit in the ChooseMyPlate.gov Fruit group.
- Apricots are naturally low in fat, sodium, and calories. Fruit does not have cholesterol.
- Canned apricots contain Vitamin A. Vitamin A helps maintain healthy eye sight and vision.
- For specific information about canned apricots, please refer to the product's Nutrition Facts Panel or ingredient list.

### Uses and Tips

- Canned apricots are a great way to add fruit in your diet when fresh fruits are not available.
- Canned apricots do not need to be cooked or heated, they can be eaten right away.
- Canned apricots can be used to add sweetness to other foods. For example, they can be added to plain yogurt or oatmeal.
- Canned apricots can be added to muffins, quick breads, and other baked goods to add flavor and additional nutrients.

### Storing Foods at Home

- Store unopened canned apricots in a cool, clean, and dry place.
- After opening, take any unused apricots out of the can and store it in a tightly covered container in the refrigerator.

### MyPlate Facts

- Fiber from whole fruit helps keep your heart healthy and helps to reduce cholesterol.
- Fiber is important for bowel function and helps prevent constipation.
- Eating a diet full of fruits and vegetables may reduce the risk for heart disease and may also help prevent some cancers.
- Swap high-calorie foods such as chips and baked goods with a low calorie food like fruit. Making this swap often helps to maintain a healthy weight.



## USDA Foods

### Hearty Winter Stew

Makes 6 servings

#### Ingredients:

- 1 cup winter squash, diced, or ½ can (about 8 ounces) low-sodium sweet potatoes, drained
- 1 cup turnips, diced, or ½ can (about 8 ounces) low-sodium sliced potatoes
- ½ cup onion, diced
- 2 ½ cups low-sodium tomato juice
- ¼ teaspoon black pepper
- 1 tablespoon paprika (optional)
- 2 cans (about 24 ounces) canned beef
- ¼ cup (about 2 ounces) canned apricots, drained and diced

**Directions:** Wash hands with soap and water.

1. In a large pot, combine squash, turnips, onions, tomato juice, and pepper. If using paprika, add that too. Mix well.
2. Cook over medium to high heat and bring the pot to a boil for 5 minutes.
3. Lower heat and cook over low to medium heat for 30 minutes. Stir the pot every 15 minutes.
4. Add beef and apricots to the pot and mix well.
5. Cook over low heat for 10 minutes.

*Food Distribution Division Recipes, Food and Nutrition Service, U.S. Department of Agriculture*

### Fresh Kale Salad

Makes 10 servings (1 cup per serving)

#### Ingredients:

- 8 cups kale, chopped
- 1 can (15 ounces) apricots in 100% juice, drained but reserve juice
- ½ cup 100% fruit juice, reserved from canned apricots
- 1 tablespoon vegetable oil
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup unsalted sunflower seeds (optional)

**Directions:** Wash hands with soap and water.

1. Wash kale and pat dry. Remove rib from the middle of each leaf. Chop or tear leaves into bite sized pieces and place in a large bowl.
2. Open canned apricots and drain. Chop apricot into small pieces if it is too large. Add to kale.
3. In a small bowl, combine fruit juice, vegetable oil, salt, pepper, and sunflower seeds (optional). Mix well.
4. Add dressing to the kale and fruit and stir to combine. Cover and refrigerate for at least 1 hour before serving.

*Recipe adapted from FoodHero.org*