



Eating Local and Seasonal: Apricots

BROUGHT TO YOU BY THE REGISTERED DIETITIAN
AT GEORGINA NURSE PRACTITIONER LED CLINIC

Apricots have a short season in Ontario and often get overshadowed by its more widely available family members of peaches and cherries. As we step into the hot months of July and August, look out for locally grown apricots and add this new refreshing flavour into your summer meals!

Nutritional Benefits

Apricots are more nutritious than you may think. They contain high amounts of *beta-carotene*, which is the plant compound responsible for the bright orange colour. Beta-carotene plays two roles. One, it gets converted to vitamin A in the body and helps with the healthy functions of our eyes, skin and immune system. Two, like other plant compounds, beta-carotene can help prevent cell damage in the body, reduce risk of chronic diseases and cancers, as well as promote healthy aging.

Apricots are also a great source of potassium. Many people automatically think of bananas when they need more potassium in their diet. However apricots may be a good option for those who also need to watch their sugar intake. Five apricots a day provide the same amount of potassium as one banana but with 20% less calories and 30% less digestible carbohydrates (meaning less sugars absorbed in the body).

Buying & Storing

Look for bright orange apricots that are firm with a slight softness to the touch. Unripe apricots will be hard to the touch but will ripen over time if stored at room temperature. Once ripe, apricots can be stored in the fridge.

Before eating, rinse apricots under cold running water. The skin is edible but the pit should be discarded.

How to Use

In the simplest way, apricots can be enjoyed raw after washing. However, their sweet and tart flavour makes them excellent for cooking, added in desserts or turned into jams. Pair apricots with ham, chicken or duck as stuffing or a glaze. Broil them and add ricotta or mascarpone and chopped nuts as a quick snack. Bake them into pies, tarts, cobblers, crumbles and more.

References: 1) Health Canada, 2008. Nutrient Value of Some Common Foods, Retrieved from https://www.canada.ca/content/dam/hc-sc/migration/hc-sc/fn-an/alt_formats/pdf/nutrition/fiche-nutri-data/nvscf-vnqau-eng.pdf on June 30, 2020; 2) What You Need to Know about Vitamin A, last updated 2019. Retrieved from <https://www.unlockfood.ca/en/Articles/Vitamins-and-Minerals/What-You-Need-to-Know-About-Vitamin-A.aspx> on June 30, 2020; 3) Phytonutrients - Nature's Natural Defense, last updated 2019. Retrieved from <https://www.unlockfood.ca/en/Articles/Vitamins-and-Minerals/Phytonutrients-%E2%80%93-Nature%E2%80%99s-Natural-Defense.aspx> on Jun 30, 2020; 4) Foodland Ontario. Apricots. Retrieved from <https://www.ontario.ca/foodland/food/apricots> on June 30, 2020.



Grilled Apricot, Corn & Arugula Salad

4 SERVINGS

Nutrition Information (per serving):

576 Calories, Fat 46g (61% DV), Saturated Fat 12g (58% DV), Protein 12g, Carbohydrate 46g, Fibre 7g (24% DV), Sodium 583mg (25% DV)

Ingredients:

2 Cobs of corn
1 tbsp Olive oil
4 Apricots
Pinch Salt and pepper
6 cups Baby arugula greens
1 cup Crumbled feta cheese
1 Avocado, sliced
1/3 cup Chopped nuts of your choice

Vinaigrette Ingredients:

3 tbsp Red wine vinegar
3 tbsp Lime juice
1 tbsp Honey
2 Garlic cloves, minced
1/4 tsp Dried oregano
1/8 tsp Salt and pepper, each
6 tbsp Extra virgin olive oil

Image and recipe adapted from
www.howsweeteats.com

Directions:

1. Brush olive oil over the corn cobs and grill until golden (and slightly charred if desired). Set aside to cool and slice the corn off the cob.
2. Slice the apricots in half and remove the pit. Place the apricot halves on the grill, cut side down. Grill for a few minutes until slightly caramelized and grill marks appear. Set aside and cool. If desired cut into smaller chunks. Season with a pinch of salt and freshly ground black pepper.
3. Combine vinaigrette ingredients in a small bowl and mix well.
4. In a large bowl or plate, place arugula and toss with half of the dressing. Then assemble the salad with the corn, apricots, cheese and sliced avocado. Drizzle in remainder of dressing. Garnish with chopped nuts.