

## Fun Food Feature of the Week!

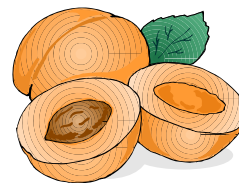
### Apricots

- Originated in China and made their way to California where a large crop in San Francisco has been growing since 1792. 95 percent of all apricots come from California.
- Apricots can also be made into wine or brandy.
- The vibrant colors (red, orange, and yellow) of different apricot varieties are sign that they packed with antioxidants.
- They also contain the two carotenoids beta-carotene and lycopene that aid in reducing LDL cholesterol to maintain heart health.
- At a mere 50 calories per serving (3 medium fresh apricots), they are a good source of fiber and a fair source of potassium.
- When selecting fresh apricots, they should be firm but soft to the touch. They can be placed in a brown paper bag to ripen completely. Do not choose if they have wrinkled skin, bruises, or discoloration.



### Apricot Salad

- 1 cup fresh apricots (quartered)
- 1 cup pineapple chunks (fresh or canned in juice)
- 2 oranges peeled and cut into bite sized pieces or mandarin oranges (canned)
- 1 pint vanilla or plain yogurt



Combine all ingredients, stir gently and refrigerate for 24 hours. Serve chilled.  
Makes 6 servings. Exchanges: one fruit, 1/2 other carbohydrate