

# Recipes Using Canned Apricots

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## Spicy Apricot Barbecue Sauce

### You will need:

$\frac{1}{2}$ can of apricots, well drained	1 (8 oz.) can tomato sauce	$\frac{1}{2}$ cup apple cider vinegar
$\frac{1}{2}$ cup brown sugar	2 tbsp. Worcestershire sauce	$\frac{1}{4}$ cup honey or sugar
1 tsp. garlic powder	$\frac{1}{2}$ tsp. onion powder	$\frac{1}{2}$ tsp. salt
1/8 tsp. cayenne pepper, add more if desired		

### Instructions:

- Combine all ingredients in a saucepan. Apricots should be finely mashed with a large kitchen fork.
- Cook over medium heat, stirring frequently. Bring to a low boil.
- Continue cooking until the sauce coats the back of a spoon, about 10 minutes.
- Used for grilled, baked or broiled meats and poultry.
- Cover the meat or poultry with the sauce during the last 10 minutes of cooking.
- Save any extra sauce for serving with the meat.
- Used for grilled, baked or broiled meats and poultry.
- Also works well with meatballs cooked in a crock pot with the sauce for about 60 minutes.

## Apricot Baked Chicken

### You will need:

1 can of apricots	1 tbsp. oil	1 tbsp. cider vinegar
1 tbsp. cornstarch	1 tbsp. soy sauce	2 tbsp. brown sugar
salt and pepper to taste	4 pork chops, or 4 chicken breasts or thighs	

### Instructions:

- Sprinkle both sides of meat with salt and pepper.
- Heat oil in a large non-stick skillet until hot. Add meat. Cook 5 -6 minutes until brown.
- Turn meat and cook an additional 5 - 6 minutes until tender and juices run clear.
- Remove from skillet and cover to keep warm. Drain apricot syrup in a glass measuring cup.
- Add water to make 1 cup liquid. Stir in cornstarch, brown sugar, cider vinegar and soy sauce.
- Pour liquid into hot skillet. Cook until thick and bubbly. Reduce to low heat.
- Place meat into skillet and gently stir in apricot mixture. Simmer about 5 minutes.
- Serve by spooning apricots and sauce over meat and/or rice.

## Apricot Salsa

### You will need:

1 (15 oz.) can of apricots packed in syrup	2 tbsp. cilantro, chopped	$\frac{1}{2}$ tsp. vinegar
$\frac{1}{4}$ tsp. grated lime peel	2 tbsp. chopped red onion	$\frac{1}{2}$ tsp. oil
salt and pepper to taste	$\frac{1}{2}$ tsp. minced jalapeno pepper	$\frac{1}{2}$ tbsp. lime juice
$\frac{1}{4}$ tsp. ground cumin		

### Instructions:

- Drain apricots. Cut apricots into chunks. Combine apricots and all other ingredients in a bowl.
- Stir gently. Cover and refrigerate until ready to serve.

## Rise and Shine Parfait

### You will need:

1 (15 oz.) can apricots, drained and cut into pieces	4 cups Greek yogurt	$\frac{1}{4}$ cup white sugar
1 $\frac{1}{2}$ cups of favorite fruit such as strawberries, raspberries, blueberries, kiwi		1 $\frac{1}{2}$ cups granola
1 cup of Cool Whip or whipped cream	mint leaves; optional	

### Instructions:

- Cut fruit into bite size pieces. Mix together with sugar.
- Spoon in Greek yogurt to cover bottom of cup/glass. Top with layer of mixed fruit.
- Top with several teaspoons of granola. Repeat the same arrangement.
- Garnish top with apricots and whipped cream or mint leaves. Keep refrigerated.

## Apricot Cobbler

### You will need:

1 (15 oz.) can apricots, drained, save juice	1 cup flour	1 cup sugar
1 cup milk	2 tsp. baking powder	$\frac{1}{2}$ cup butter
		pinch of salt

### Instructions:

- Preheat oven to 350 degrees F. Melt butter in a 9x9 inch pan in oven.
- In a medium bowl, mix flour, sugar, milk, baking powder and salt. Mix well.
- Take out the pan with the melted butter and pour batter mixture over it.
- Slice apricots into smaller pieces. Add pieces to apricot juice and pour over batter mixture.
- Do not mix. Bake for 30 - 35 minutes.

## Apricot Upside Down Cake

### You will need:

#### Bottom Layer

1 - 2 (15 oz..) can(s) of apricots; drained and sliced; save juice	$\frac{3}{4}$ cup butter	1 cup + 2 tbsp. brown sugar
maraschino cherries (optional)		

#### Cake Layer

1 yellow cake mix (two layer size)	juice from drained peaches	eggs	cooking oil
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### Instructions:

- Preheat oven to 350 degrees F. Grease and flour one 9 x 13 or two 8-inch cake pans.
- Mix softened butter and brown sugar together. Spread evenly on bottom of cake pan(s).
- Press apricot slices and cherries into mixture. Prepare cake mix according to package instructions.
- (If desired, use equal amounts of apricot juice and water instead of all water.)
- Pour batter evenly over apricots. Bake 35 - 45 minutes or until toothpick comes out clean.
- Let sit for 5 min. and flip onto cake plate. Serve warm with ice cream or whipped cream.