

Canned Apricots



Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE



Apricots are fruits with a seed in the middle, like peaches. They are deep orange and their flavor ranges from sweet to tart.

How to Use Them

Canned apricots are ready-to-eat. Drain off liquid and combine apricots with yogurt, oatmeal, cereal, or salads. Add to muffins, pancakes, and baked goods for flavor and extra nutrients.

How to Store Them

Unopened cans of apricots should be stored in a cool, clean, dry place. Once opened, any remaining apricots should be stored in a separate tightly covered nonmetal container in the refrigerator.

Why Eat Them?

Apricots are high in fiber and vitamins A and C to help maintain healthy skin and gums, support vision and, as part of an overall healthy diet, can reduce the risk of certain chronic diseases.

USDA is an equal opportunity provider, employer, and lender.

USDA
Foods

Honey Apricot Pork Chops *Makes 4 servings*



Ingredients

- 4 boneless pork chops
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 tablespoon olive oil
- 2 (15 ounce) cans pitted apricots, drained, rinsed, and sliced
- 4 cloves garlic, minced
- 3 tablespoons honey
- 2 tablespoons fresh parsley, chopped (optional)

Directions

Wash hands with soap and water.

1. Pat pork chops dry with paper towel, then sprinkle both sides with salt and pepper.
2. Heat oil in a large skillet over medium-high heat; brown chops on both sides, 3–5 minutes per side.
3. Transfer pork chops to a plate.
4. Add sliced apricots, garlic, and honey to the pan. Whisk the sauce until slightly thickened and place the pork chops back into the pan.
5. Reduce heat to medium-low and simmer, covered, until pork is tender and a thermometer registers 145 °F for about 5 minutes. Sprinkle with parsley, if desired.



Recipe adapted from [Catz in the Kitchen](#).

May 2024 | FNS-1066