



FarmFresh

Recipes

July 2015

Available Now...

Apricots

Apricots originated in China 4,000 years ago, and the fruit is a member of the rose family.



Tips & Nutrition

Choose apricots that are plump, firm and uniformly colored.

Apricots are low in fat, sodium free and an excellent source of vitamins A and C.

Fresh Inspirations...



Thai Apricot BBQ Sauce

Ingredients

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| 2 Tbsp. Olive Oil | 1 Quart Cane Syrup |
| 3 Tbsp. Fresh Garlic, minced | 1/2 Cup Tomato Paste |
| 1/4 Cup Fresh Ginger, minced | 3/4 Cup White Balsamic Vinegar |
| 2 Jalapenos, minced | 1 Tbsp. Fresh Cilantro, minced |
| 2 Red Jalapenos, minced | Kosher Salt to Taste |
| 4 Apricots, pitted and diced | Black Ground Pepper to Taste |

Directions

Heat a large sauce pot and add the oil, garlic, ginger and jalapenos and sauté for 5 minutes or until tender. Add the remaining ingredients to the pot and bring to a boil. Boil for 5 minutes, stirring occasionally. Remove from the heat and allow to cool. Store in a mason jar in the refrigerator, and use within two weeks. Serve over grilled chicken or with grilled vegetables.

Provided by Chef Jason K. Morse, CEC, 5280 Culinary, LLC

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at www.coloradoagriculture.com for a complete list of recipes.

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