Recipe For Health | JULY 2011

DRIED APRICOTS AND FIG SAUCE

A scrumptious summer sauce! Perfect for pork, chicken or turkey!

from the kitchen of the MSU Residence Halls

Featured Food: Apricots

Yield: Serves 6-8

Ingredients

½ c. apple juice
¼ c. diced dried figs
1 c. chicken broth
2 T. golden raisins
1 T. minced fresh ginger
1 T. unsalted butter
1 t. cardamom
salt and pepper to taste

3/4 c. sliced dried apricots

Preparation

In a sauce pan over medium, heat apple juice, broth, ginger, cardamom, and dried fruit. Simmer for 20 to 25 minutes until the volume is reduced by half. Remove from heat and whisk in the butter. Add salt and pepper to your taste preference.

Serve with grilled or roasted pork chops, pork loin, chicken, or turkey.