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Subject: Apricot Squares From LHJ
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Now at LHJ Online, Casseroles, Chilies and Stews: Hearty and elegant one-dish wonders that are easy to make and serve. Also, don't miss this year's report on the Best Cities for Women. See how the cities in your state fared when we graded them in the areas of stress, spirituality, romance and more. See you at www.lhj.com!

APRICOT SQUARES FROM LHJ ONLINE <http://www.lhj.com>
Dried apricots give a chewy texture to these bar cookies. Almonds add contrast, and fiber, too.

Prep time: 10 minutes
Baking time: 40 minutes
Degree of difficulty: Easy
Low-calorie

1 cup sugar
1 cup all-purpose flour
1 teaspoon baking powder
1/4 teaspoon salt
1/4 cup butter or margarine, cut up
1 cup chopped dried apricots
1/2 cup slivered almonds
2 large eggs
1/2 teaspoon grated lemon peel
1/4 teaspoon almond extract

1. Heat oven to 350°F. Grease an 8-inch square baking pan. Combine sugar, flour, baking powder, salt and butter in food processor; process until mixture resembles coarse crumbs, 5 seconds. Add apricots, almonds, eggs, lemon peel and extract and pulse until just combined, scraping side of bowl as needed. Spread in prepared pan.

2. Bake 40 minutes, until golden and toothpick inserted in center comes out clean. Cool in pan on wire rack. Cut into 2-inch squares. Makes 16 squares.

PER SQUARE
Calories 155
Total Fat 6 g
Cholesterol 34 mg
Sodium 99 mg
Carbohydrates 24 g
Protein 3 g

DAILY GOAL

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