



# 2024



[www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food)

EXTENDING KNOWLEDGE >> CHANGING LIVES







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SCAN ME



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# Welcome

to the sixth edition of a North Dakota specialty crops calendar featuring fruits and vegetables that can be grown in North Dakota. We are pleased with the popularity and response to this annual educational calendar. It provides information and health tips about various specialty fruits and vegetables, along with recipes tested in the food laboratory at North Dakota State University. Check out the many national food and/or health days throughout the calendar and the fun facts on the calendar pages for some conversation starters for your dinner table. These annual calendars are made possible with funding from the North Dakota Department of Agriculture through the U.S. Department of Agriculture's Specialty Crop Block Grant program and the National 4-H Council, with funding from the Walmart Foundation.

Visit [www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food) for more information about growing, preparing and preserving fruits and vegetables, and for educational opportunities, including free monthly e-newsletters and dozens of archived Field to Fork webinars from specialists throughout the North Central Region. See [www.ag.ndsu.edu/fieldtofork](http://www.ag.ndsu.edu/fieldtofork) for a wide range of nutrition, food safety and health information.



Please provide us with feedback. Visit [https://www.surveymonkey.com/r/2024\\_Calendar](https://www.surveymonkey.com/r/2024_Calendar) or use the QR code to take a short survey. You may win a prize.

## Cooking Abbreviations

c. = cup

tsp. = teaspoon

Tbsp. = tablespoon

g = gram

mg = milligram

F = degrees Fahrenheit

oz. = ounce

lb. = pound

pt. = pint

qt. = quart

pkg. = package





## Butternut Squash Lentil Soup

3 garlic cloves, minced	1 tsp. salt
3 carrots	8 c. vegetable stock
1 leek or 1 large yellow onion, diced	1 ½ c. lentils
1 medium butternut squash	1 tsp. dried thyme
1 bunch kale (about 1 lb.) – or substitute 5 c. spinach	1 tsp. oregano
2 Tbsp. canola oil or your favorite oil	Pepper (optional)
	1 Tbsp. lemon juice (optional)

Mince the garlic. Peel and chop the carrots into half moons. Chop the leek: cut off the dark green stems and the bottom roots, and then slice each in half lengthwise. Place each half cut-side down on the cutting board, and then chop it into thin half-moons. Rinse thoroughly in a colander to remove any dirt. Alternatively, dice onion. Dice the butternut squash: Slice off the neck of the squash and peel it with a vegetable peeler. Peel the base. Slice the base in half and scoop out the seeds. Slice the neck into thin rectangles, then into long slices. Turn the slices the other way and dice. Cut the base into thin slices and then dice into small squares. Rinse and chop the kale. In a large pot over medium heat, heat the olive oil; add the leeks or onions and sauté until softened, about 4 to 5 minutes. Add carrots and garlic and sauté for 3 to 4 minutes until softened. Add the squash, vegetable broth, lentils, thyme, oregano and salt, and bring to a boil. Reduce heat and simmer for about 20 minutes until the lentils and butternut squash are soft (taste test a few). In the last few minutes, add the chopped kale and simmer until tender. Add additional salt and pepper to taste. If desired, stir in the lemon juice.

Makes eight servings. Each serving has 230 calories, 5 g fat, 12 g protein, 35 g carbohydrate, 11 g fiber and 35 mg sodium.



# Kale

**Nutrition:** Kale provides a variety of nutrients and fiber and is low in calories. It is an abundant source of vitamins A, C, K, plus calcium and iron.

**Stretch Your Dollar:** Leafy green vegetables, such as kale or spinach, can be frozen; however, their structure will be altered during the freezing process and can be used in soups and other cooked dishes. Frozen leafy greens should be used within six months of freezing for best quality.

**Fun Fact:** The longer you store kale in the refrigerator, the stronger and more bitter its flavor becomes. Store unwashed kale in the refrigerator for up to 5 days.

# January 2024

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## Balsamic Pork Tenderloin with Garlic Mashed Potatoes\*

### Ingredients - Tenderloin

¼ c. packed brown sugar  
¼ c. water  
¼ c. balsamic vinegar  
1 Tbsp. low-sodium soy sauce  
1 Tbsp. minced fresh rosemary  
3 garlic cloves, minced  
¼ c. apple juice  
1 Tbsp. olive oil  
2 pork tenderloins, 1 pound each,  
halved widthwise  
2 Tbsp. cornstarch plus ¼ c. water

### Ingredients - Potatoes

1 pound red potatoes  
2 c. boiling water  
½ c. skim milk  
2 large garlic cloves, chopped  
½ tsp. white pepper  
1 Tbsp. fresh chives, chopped  
(optional)

\*Instant Pot

**Tenderloin:** In a small bowl, whisk brown sugar, ¼ cup water, vinegar, soy sauce, rosemary and garlic; set aside. Select saute or browning setting on the multifunction cooker (such as an Instant Pot); adjust for medium heat. Add oil after the pot is heated, brown pork on all sides in batches. Deglaze the pan by adding apple juice, then the remaining sauce mixture, scraping bits off the bottom of the pan. Press cancel on the cooker and return the pork to pressure cooker. Lock lid, close pressure release valve. Adjust to pressure cook on high for 20 minutes. Let pressure release naturally. Remove pork to a platter. In a small bowl, mix cornstarch and ¼ cup water until smooth. Stir into the pressure cooker. Select “saute” and adjust for low heat. Simmer, stirring constantly until thickened; 3-5 minutes. Drizzle over pork.

**Potatoes:** Peel potatoes, cut into quarters and place in cold, salted water for about 15 minutes. Drain in colander, rinse well and place in 2-quart saucepan containing 2 cups of boiling water. Cover and cook for 20 to 25 minutes or until tender. Meanwhile, have milk warming over low to medium heat. Add garlic to hot milk and simmer until garlic is soft, about 20 to 25 minutes. Remove cooked potatoes from heat, drain in colander, replace in saucepan and cover to keep warm. Add milk-garlic mixture and white pepper to potatoes, mash with potato masher and then whip with an electric mixer. If desired, garnish with chopped fresh chives.

Makes six servings. Each serving has 330 calories, 7 g fat, 33 g protein, 33 g carbohydrate, 2 g fiber and 560 mg sodium.



# Potatoes

**Nutrition:** With skin, potatoes are a good source of fiber which promotes digestive health. Potatoes provide potassium which is needed for muscle contraction, nerve signaling and kidney function. A 5½-ounce potato has about 100 calories, no fat, 26 grams carbohydrate, 3 grams fiber and 21% of the daily recommendation for potassium.

**Stretch Your Dollar:** Potatoes can be preserved by drying, freezing and canning. See the food preservation information available on [www.ag.ndsu.edu/foodpreservation](http://www.ag.ndsu.edu/foodpreservation).

**Fun Fact:** The average person in the U.S. eats 124 pounds of potatoes every year.

# February 2024

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### Triple Apple Muffins

1/3 c. unsalted butter, at room temperature	1 tsp. baking powder
1/2 c. granulated sugar	1 tsp. baking soda
1/4 c. brown sugar, packed	1/2 tsp. salt
1 large egg	1 Tbsp. ground cinnamon
1/2 c. plain low-fat yogurt or Greek yogurt	1/2 tsp. ground nutmeg
1/2 c. applesauce	1/4 tsp. ground cloves
1 c. whole wheat flour	1 c. chopped apples
1 c. all-purpose flour	1 c. shredded apples
	6 Tbsp. brown sugar (for topping muffins at end)

Preheat the oven to 375 F. Grease a 12-cup muffin pan with butter or spray with non-stick cooking spray. In the bowl of an electric mixer, beat together the butter, granulated sugar and brown sugar until fluffy, 1-2 minutes. Scrape down the sides of the bowl with a rubber spatula. Add the egg and mix well, stopping to scrape the bowl if necessary. Beat in the yogurt and applesauce. The batter will look grainy. Mix together in a separate bowl: the flours, baking powder, baking soda, salt, cinnamon, nutmeg and cloves. Add dry ingredients to mixing bowl and beat on low speed until just combined. The batter will be very thick. Add the chopped apples and mix until just combined. Do not over-mix. Use an ice-cream scoop or large spoon to divide the batter evenly among the prepared muffin cups. Sprinkle the 6 tablespoons of brown sugar evenly over tops. Bake the muffins for 25 to 30 minutes, or until a toothpick inserted into the center of a muffin comes out clean. Remove the muffins from the oven, cool for 5 minutes in the pan, then remove to a rack to finish cooling completely.

Makes 12 muffins. Each serving has 200 calories, 6 g fat, 5 g protein, 35 g carbohydrate, 3 g fiber and 220 mg sodium.



# Apples

**Nutrition:** Apples contain pectin, a soluble fiber that helps lower or maintain cholesterol levels and promotes a healthy digestive tract. Apples are also good sources of vitamin C, potassium and polyphenols (natural antioxidants).

**Fun Fact:** More than 100 different varieties of apples are grown on American soil. The most common include: Pink Lady, Empire, Fuji, Gala, Golden Delicious, Granny Smith, Honeycrisp, McIntosh and Red Delicious.

**Stretch Your Dollar:** Crisp and firm apples can be frozen. Wash, peel, core and slice them and treat with an antibrowning aid (such as lemon juice or commercial ascorbic acid product made according to directions). Freeze slices immediately on a baking sheet; once frozen, transfer them into a freezer-safe container or bag for up to 18 months. Use frozen slices to make smoothies, applesauce or baked goods. See "Freezing Fruits" from NDSU Extension.



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## Steak and Roasted Vegetable Salad with Avocado Ranch Dressing

4 ears sweet corn, husk and silk removed  
4 small to medium yellow squash; quartered lengthwise  
4 small zucchini; quartered lengthwise  
2 large red bell peppers  
1 large yellow onion  
1 lb. asparagus  
Olive oil (optional)  
Salt (optional)  
Pepper (optional)  
4 oz. shredded parmesan cheese  
2 - 10 oz. flank steaks, grilled and sliced  
Avocado ranch dressing or ranch dressing of choice (commercial)

Rinse vegetables and then cut into grill-friendly portions. Snap off fibrous ends of asparagus. Core and then quarter red bell pepper. Slice onion into thick rings. Cut zucchini and yellow squash into quarters. Grill vegetables until they are softened. Chop the vegetables into bite-sized chunks and slice the corn off the cob.

Season the steak with salt, pepper and other spices to your preference. Grill to your choice of doneness. Remove from heat. Slice the steak into strips. Assemble a mix of vegetables in a bowl and top with dressing. Finish by adding steak to the top of the salad. Serve with dressing.

Makes eight servings. Each serving has 370 calories, 18 g fat, 28 g protein, 30 g carbohydrate, 8 g fiber and 710 mg sodium.






# Asparagus

**Stretch Your Dollar:** Use frozen corn instead of corn on the cob in this recipe. Heat 3 tablespoons of vegetable oil in a skillet. Once hot, add corn and fry until color develops, or about 8-10 minutes.

**Nutrition:** Asparagus, as well as the other vegetables in this recipe, is a good source of fiber that can keep you full longer, and help with your digestive system.

**Fun Fact:** Asparagus can grow 5-8 inches tall and their roots can grow 20 feet deep.



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### Bell Pepper, Corn and Bean Salad

- 1 Tbsp. olive or canola oil, or your favorite cooking oil
- 1 small onion, diced
- 2 garlic cloves, minced
- ½ tsp. chili powder
- ½ tsp. ground cumin
- 1 (15-oz. can) low-sodium pinto beans, rinsed and drained\*
- 1 (15-oz. can) low-sodium dark red kidney beans, rinsed and drained\*
- 1 c. corn, frozen or canned, rinsed and drained
- 1 medium yellow bell pepper, chopped into 1-inch pieces\*\*
- ½ c. salsa, your choice
- 1 medium head romaine lettuce, quartered lengthwise through the core, washed
- ⅓ c. shredded cheese, optional
- Fresh cilantro for garnish, optional
- Salad dressing, optional

In a large skillet, heat oil over medium-high heat. Add onion and cook until tender (4-5 minutes). Stir in garlic, chili powder, and cumin; cook and stir occasionally for 1 minute. Add beans, corn, bell pepper and salsa; heat through, stirring occasionally (5-10 minutes). Serve over romaine wedges (2 wedges per plate) and sprinkle with optional toppings or dressing.

\*You can substitute any bean/legume you prefer

\*\*You can substitute or add any bell pepper you prefer

Makes four servings, 1 ½ c. each. Each serving has 210 calories, 4 g fat, 10 g protein, 36 g carbohydrate, 11 g fiber and 340 mg sodium.



# Lettuce

**Nutrition:** Romaine lettuce is an excellent source of vitamin K. Vitamin K is important for blood clotting and bone mineralization, which is important for bone health and strength.

**Stretch Your Dollar:** To avoid food-borne illness, wash lettuce before consuming it and store it in a refrigerator that is 40 F or below. Wrap in paper towels and place in the crisper drawer of your refrigerator.

**Fun Fact:** The most popular types of lettuce are romaine, butterhead, iceberg and green leaf.



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<p><b>APRIL 2024</b></p> <p>S M T W T F S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30</p>	<p><b>JUNE 2024</b></p> <p>S M T W T F S</p> <p>1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30</p>	 	1	2	3	4
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12 <small>Mother's Day</small>	13 <small>International Hummus Day</small>	14	15 <small>National Chocolate Chip Day</small>	16	17	18
19	20	21	22	23	24	25 <small>National Brown Bag Lunch Day</small>
26	27 <small>Memorial Day</small>	28	29	30	31	<b>National Osteoporosis Awareness and Prevention Month</b>



## Sheet Pan Chicken with Butternut Squash

6 (8-oz.) boneless, skinless chicken breasts  
½ tsp. salt, divided  
½ tsp. pepper, divided  
2 Tbsp. honey, divided  
2 Tbsp. canola oil or your favorite cooking oil, divided  
2 Tbsp. brown sugar, divided  
1 medium butternut squash, diced  
12-oz. packaged brussels sprouts fresh or thawed, halved  
1 medium Honeycrisp apple, unpeeled and diced\*  
Parsley for garnish, optional

Preheat oven to 425 F and place the rack in the center of the oven. Season chicken breasts with ¼ tsp. salt and ¼ tsp. pepper. Place chicken on a large rimmed baking sheet lined with parchment paper. Drizzle chicken with 1 Tbsp. honey and 1 Tbsp. oil and top with 1 Tbsp. brown sugar. Add vegetables and apple to a medium bowl and drizzle with 1 Tbsp. honey, 1 Tbsp. oil, ¼ tsp. salt, ¼ tsp. pepper, and 1 Tbsp. brown sugar. Toss gently and place on the same pan around the chicken. Roast for about 35-45 minutes until chicken reaches an internal temperature of 165 F.

\*Can substitute any apple of your choice.

Makes six (1 c.) servings. Each serving has 230 calories, 4.5 g fat, 31 g protein, 16 g carbohydrate, 2 g fiber and 210 mg sodium.



# Squash

**Nutrition:** Squash is a good source of beta carotene. Our bodies use beta-carotene to make vitamin A for healthy skin and eyes (retaining our night vision).

**Stretch Your Dollar:** Butternut squash can be stored in a cool, dry area at temperatures between 50 F and 60 F. Do not store squash in the refrigerator (unless it is cut).

**Fun Fact:** In other parts of the world, such as New Zealand and Australia, Butternut squash is known as butternut pumpkin.



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## Watermelon, Black Bean and Corn Salsa

1 (15-oz.) can corn kernels, rinsed and drained (or substitute fresh or frozen, cooked and cooled)

1 (15-oz.) can black beans, rinsed and drained  
½ medium purple or white onion, coarsely chopped

1 to 2 jalapeno peppers, chopped

1 clove garlic, minced

1 tsp. ground cumin

1 tsp. chili powder

2 Tbsp. salad oil (such as canola or olive)

1 lime, juiced

1 ½ c. watermelon, chopped (with seeds removed)

Optional additions:

Fresh cilantro, chopped

Cucumbers, diced

Avocado, diced

Mix all ingredients except watermelon. Gently fold in watermelon and chill. Serve with baked chips or as a side dish with grilled meat, poultry or fish.

Makes six servings. Without additional ingredients, each serving has 130 calories, 5 g fat, 4 g protein, 21 g carbohydrate, 5 g fiber and 160 mg sodium.






# Melon

**Nutrition:** Watermelon is a good source of vitamin C. The melon gets its bright red color from a natural plant pigment called lycopene. Lycopene has antioxidant properties that may reduce the risk of several types of cancers, especially prostate cancer.

**Stretch Your Dollar:** Buy watermelon, cantaloupe and honeydew in the summer months as they are in season, better quality and less expensive.

**Fun Fact:** The “Sweet Dakota Rose” watermelon is a medium-sized variety of watermelon developed in North Dakota. This melon takes 80 to 90 days to grow and mature, and it usually weighs about 15 to 20 pounds.



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## Spinach Dipped Stuffed Garlic Rolls

⅓ c. unsalted butter, melted, divided  
1 Tbsp. garlic powder, divided  
¼ c. low sodium mozzarella cheese, shredded, divided  
4 oz. frozen (thawed and drained) or fresh, chopped spinach  
4 oz. reduced-fat cream cheese, softened  
1 Tbsp. low sodium soy sauce  
1 (11-oz.) can refrigerated french bread dough, Pillsbury brand recommended  
Cooking spray

Preheat oven to 350 F. Spray a 12-muffin pan with non-stick cooking spray. Spoon 1 tsp. of melted butter into each muffin cup. Sprinkle ⅛ tsp. of garlic powder and 1 tsp. of mozzarella cheese into each muffin cup. In a small bowl, mix spinach, cream cheese, 1 tsp. garlic powder, ¼ c. mozzarella cheese, the remaining butter, and the soy sauce until well blended. Shape into 12 (1 in.) balls. Remove the dough from the can and cut it into 12 equal slices. Press each to form a 3-inch round and place one spinach ball in the center. Do this for all 12 slices. Wrap the dough around the spinach ball and pinch the edges to seal completely. Place seam side down in muffin cups. Place the muffin pan in the oven and bake for 20 minutes or until golden brown. Allow to cool about 2 minutes. Remove from the pan and place on a serving platter.

To garnish, sprinkle with remaining butter, garlic powder and cheese.

Makes 12 (1½-in.) balls servings. Each serving has 140 calories, 8 g fat, 4 g protein, 14 g carbohydrates, 0 g fiber and 210 mg sodium.



# Spinach

**Nutrition:** Spinach is considered a leafy green and is a great source of folate, iron, potassium, vitamin A, and vitamin C.

**Stretch Your Dollar:** When purchasing spinach from a grocery store, keep it in the package it came in and put a paper towel over the spinach to absorb excess water and extend its shelf-life. If it's removed from its original packaging, wrap it gently in a paper towel.

**Fun Fact:** Spinach is native to Persia and was brought to the United States around 1806.



# August 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>Kids Eat Right Month</p>  	<p><b>JULY 2024</b></p> <p>S M T W T F S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30 31</p>		<p><b>SEPTEMBER 2024</b></p> <p>S M T W T F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30</p>		1	2	3
							National Watermelon Day
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			National Raspberries and Cream Day	National Zucchini Day			
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National Fajita Day	National Potato Day						
25	26	27	28	29	30	31	



## No-Bake Mixed-Berry Cheesecake Cups

2¼ c. berries  
8 Tbsp. sugar, divided  
2 Tbsp. water  
½ small lime or 1 Tbsp. lime juice  
½ c. heavy cream, well chilled  
8 oz. reduced-fat cream cheese, at room temperature  
2 Tbsp. honey  
1½ tsp. vanilla extract  
12 oz. berries (your choice, for topping)  
8 (4-oz.) clear cups

**Jam:** Place 1½ c. of preferred berries in a tall saucepan, and add 3 Tbsp. of sugar and 2 Tbsp. of water. Stir over medium heat. Bring mixture to a boil, stirring occasionally, and when berries begin popping, stir more frequently until the jam begins to thicken (about 15 minutes). Scrape the jam into a medium bowl and add lime juice and stir. Taste and add more lime juice if you prefer. Stir in ¾ c. of the remaining berries and set the bowl aside to cool. Once the jam mixture has cooled, divide it among dessert cups.

**Cheesecake:** With an electric mixer, beat heavy cream until it holds medium peaks and put it to the side (about 5 minutes). In a separate bowl, beat cream cheese until smooth. Add 3 Tbsp. sugar and 2 Tbsp. honey and continue to beat until mixed well. Mix in vanilla. Using a spatula or spoon, fold the whipped heavy cream into the cream cheese mixture. Spoon the cheesecake mixture over the jam, and divide evenly among the 8 cups. Cover and chill cups for at least 3 hours.

**Topping:** After the cups have chilled for 3 hours, place the remaining berries into a large bowl and mix. Spoon berries over the cheesecake cups and refrigerate until ready to serve.

Makes eight (4-oz.) servings. Each serving has 170 calories, 9 g fat, 2 g protein, 21 g carbohydrate, 2 g fiber and 75 mg sodium.



# Berries

**Nutrition:** Berries are high in natural antioxidants and micronutrients that can support immune health and heart health.

**Fun Fact:** The tiny hairs you see on some berries are called “styles.” They protect the berries from damage and are safe to consume.

**Stretch Your Dollar:** Berries retain their quality when stored in temperatures between 36 and 40 F. Place berries in a shallow bowl in a minimal amount of layers, and cover with a towel. If berries are not consumed within one week, consider placing them in the freezer to use at a future time. See “Freezing Fruits” from NDSU Extension.



# September 2024

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15	16 <small>National Guacamole Day</small>	17	18	19	20	21 <small>World Alzheimer's Day</small>																																																																																				
22	23	24	25 <small>National Food Service Workers Day</small>	26	27	28																																																																																				
29	30	<p><b>National Food Safety Awareness Month</b></p>   <div style="display: flex; justify-content: space-around; font-size: 0.8em;"> <div> <p><b>AUGUST 2024</b></p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td></td><td></td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table> </div> <div> <p><b>OCTOBER 2024</b></p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr> </table> </div> </div>					S	M	T	W	T	F	S			1	2	3			4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	S	M	T	W	T	F	S			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
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## Honey and Oatmeal Energy Bites

- ½ c. honey
- 1 ½ cups old-fashioned or quick oatmeal
- ½ c. creamy peanut butter
- ½ tsp. vanilla extract
- 1 Tbsp. chia seeds
- ½ c. unsalted peanuts (or other nuts), chopped
- ½ c. mini dark chocolate chips

Combine honey, oatmeal, peanut butter, vanilla extract and chia seeds together in large bowl. Once thoroughly mixed, roll mixture into 18 small balls. Combine chopped nuts and mini chocolate chips in a shallow bowl or plate. Roll each ball in the mixture to coat the outside. The finished product does not need to be refrigerated, but store it in an air-tight container to prevent it from drying. For best quality, eat within 7-10 days. The energy balls may be stored in the freezer for up to 3 months.

Makes 18 energy bites. Each serving (1 ball) has 160 calories, 9 g fat, 4 g protein, 5 g carbohydrate, 2 g fiber and 32 mg sodium.



# Honey

**Nutrition:** Honey is abundant in antioxidants that have been associated with reduced risk of cardiovascular disease.

**Stretch Your Dollar:** Substitute your favorite nuts or seeds in recipes. Crushed walnuts, pecans, almonds, pistachios, sunflower seeds, hemp seeds or flaxseed can provide a new taste and texture.

**Fun Fact:** North Dakota is the top honey-producing state in the United States, followed by South Dakota and California.



# October 2024

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## Pinwheels with Green Pea Hummus

### Green Pea Hummus

1 c. fresh or frozen shelled green peas  
¼ c. fresh cilantro  
2 Tbsp. tahini  
2 Tbsp. lemon juice  
1 small clove minced garlic  
⅛ tsp. ground cumin  
Pinch of salt (about 1/16 tsp.)

Bring a small pot of water to a boil. Add peas; cook until tender (about 2 minutes). Drain and run under cold water. In a blender or food processor, pulse peas, cilantro, tahini, lemon juice, garlic and cumin for 30 to 40 seconds. Season with salt.

### Pinwheels

2 medium-sized, whole wheat or wheat tortillas  
½ c. celery, chopped  
¾ c. corn kernels  
1 c. black beans, drained and rinsed

To make pinwheels, lay tortilla down flat. Spread hummus over the entire width of each tortilla. Sprinkle ¼ c. of celery, ¼ c. of corn and ½ c. of black beans on top of the hummus. Roll the tortilla. Cut off a small portion of each end and discard. Cut the remaining rolled tortilla into six to eight 1-inch thick coins.

Makes 12 pinwheels. Each serving (1 pinwheel) has 85 calories, 3 g fat, 3 g protein, 11 g carbohydrates, 3 g fiber and 140 mg sodium.



# Peas



**Nutrition:** Peas are categorized as a starchy vegetable, along with corn and potatoes. Starchy vegetables have a higher content of calories and carbohydrates per serving compared to non-starchy vegetables.

**Stretch Your Dollar:** Fresh, unpeeled garlic can be stored for up to 6 months in a cool, dry and well-ventilated place. Garlic powder has a longer shelf life of 2 to 3 years. You can substitute 1 medium clove of garlic for ⅛ teaspoon of garlic powder.

**Fun Fact:** Peas are commonly green, but there are also yellow and purple variations.



# November 2024

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<p>American Diabetes Month</p>		<p><b>OCTOBER 2024</b>            S M T W T F S            1 2 3 4 5            6 7 8 9 10 11 12            13 14 15 16 17 18 19            20 21 22 23 24 25 26            27 28 29 30 31</p>	<p><b>DECEMBER 2024</b>            S M T W T F S            1 2 3 4 5 6 7            8 9 10 11 12 13 14            15 16 17 18 19 20 21            22 23 24 25 26 27 28            29 30 31</p>			<p>1</p> <p>Diwali</p>	<p>2</p>
<p>3</p> <p>National Sandwich Day Daylight Savings Time Ends</p>	<p>4</p>	<p>5</p> <p>Election Day</p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>	
<p>10</p>	<p>11</p> <p>Veterans Day</p>	<p>12</p>	<p>13</p>	<p>14</p> <p>National Pickle Day</p>	<p>15</p>	<p>16</p>	
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## Pickled Vegetables

1 c. carrots, sticks or coins, whatever you prefer  
1 c. sliced onions  
4 stalks celery, sliced  
7 c. cucumbers, sliced into coins  
1 large green or red bell pepper, sliced into strips

### Brine

1 c. sugar  
2 c. vinegar  
2 c. water  
2 Tbsp. canning salt

Wash and cut vegetables. In a large bowl, mix vegetables together. Mix brine ingredients; bring to a boil and cool. Pour brine over vegetables and mix again. Pack vegetables into jars with brine; all vegetables should be submerged in brine. Keep in the refrigerator. For best flavor, let vegetables sit in brine for at least 8 hours before serving. Use as a colorful, crunchy side dish for holiday meals.

Makes about 18 servings. Nutrition information is not available. In general, pickles are low in calories at 25 calories per ounce but can be fairly high in sodium.



# Cucumbers



**Nutrition:** Cucumbers are low in calories because they contain mainly water. They provide vitamin K, which is needed for blood clotting and maintaining good bone health. Vitamins A and C, and the mineral, potassium, also are provided by cucumbers.

**Stretch Your Dollar:** Wash and chop additional fresh vegetables in your refrigerator and add them to this recipe. Use the small amounts of vegetables left over from other recipes.

**Fun Fact:** The term “pickle” is derived from the Dutch word “pekel,” which means brine.



# December 2024

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# Featured Recipes

NDSU

EXTENSION



**January**  
Butternut Squash Lentil Soup



**February**  
Balsamic Pork Tenderloin / Mashed Potatoes



**March**  
Triple Apple Muffins



**April**  
Steak and Roasted Vegetable Salad



**May**  
Bell Pepper, Corn and Bean Salad



**June**  
Sheet Pan Chicken with Butternut Squash



**July**  
Watermelon, Black Bean and Corn Salsa



**August**  
Spinach Dipped Stuffed Garlic Rolls



**September**  
No-Bake Mixed-Berry Cheesecake Cups



**October**  
Honey and Oatmeal Energy Bites



**November**  
Pinwheels with Green Pea Hummus



**December**  
Pickled Vegetables

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