Welcome to the fourth edition of a North Dakota specialty crops calendar featuring fruits and vegetables that can be grown in North Dakota. This educational calendar provides information and health tips about various specialty fruits and vegetables, along with recipes tested in the food laboratory at North Dakota State University. As a conversation starter, we have listed many national food days.

Visit www.ag.ndsu.edu/food for more information about growing, preparing and preserving fruits and vegetables, and for educational opportunities including webinars and monthly e-newsletters.

Please provide us with feedback. Visit www.surveymonkey.com/r/2022_Calendar to take a short survey and you may win a prize.

Cooking Abbreviations

- c. = cup
- tsp. = teaspoon
- Tbsp. = tablespoon
- g = gram
- mg = milligram
- oz. = ounce
- lb. = pound
- pt. = pint
- qt. = quart
- pkg. = package
Southwest Chickpea Salad

1 (15-oz.) can black beans, drained and rinsed
1 (15-oz.) can chickpeas, drained and rinsed
2 c. frozen corn, thawed or 1 (15-oz.) can corn, drained and rinsed
1 pt. cherry tomatoes, sliced in half
2 medium avocados, diced
1 (2.25-oz.) can sliced olives, drained

Dressing
Juice of one lime
2 Tbsp. extra virgin olive oil
1 tsp. cumin
¼ tsp. chili powder
¼ tsp. salt
¼ c. fresh cilantro, chopped
¼ cup feta cheese, crumbled, for garnish (optional)

In a large bowl, combine black beans, chickpeas, corn, tomatoes, avocados and olives. In a small bowl, whisk the lime juice, olive oil, cumin, chili powder, salt and cilantro. Add the dressing to the salad and toss until combined. Garnish with feta cheese.

Makes 10 servings. Without feta cheese, each serving has 210 calories, 8 g fat, 9 g protein, 30 g carbohydrate, 9 g fiber and 400 mg sodium.

Nutrition: Legumes are an excellent source of fiber, protein, folate and iron. One-fourth cup of beans or chickpeas counts as 1 ounce of protein. Legumes are high in soluble and insoluble fiber. Eating more fiber creates a feeling of fullness and improves digestion. Foods high in soluble fiber also may support healthful blood cholesterol levels.

Stretch your food dollar: Take advantage of lower-cost protein-rich foods as part of a balanced diet. Beans, eggs, lentils and other legumes often cost less than fish, meat and poultry. Add beans to chili or lentils to taco meat to add more fiber to your diet and to extend the protein.
January 2022

Family Fit Lifestyle Month

New Year's Day

1

National Spaghetti Day

National Bean Day

National Apricot Day

Martin Luther King Jr. Day

National Peanut Butter Day

National Chocolate Cake Day

DECEMBER 2021

FEBRUARY 2022

SUNDAY
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY

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

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

www.ag.ndsu.edu/food
Maple Dijon Roasted Carrots

1 lb. baby carrots
2 Tbsp. melted butter
3 Tbsp. real maple syrup
1 Tbsp. grainy Dijon mustard
Salt and pepper (to taste)
2 tsp. fresh parsley leaves, minced (for garnish)

Preheat oven to 400 F. Toss the carrots with the melted butter, maple syrup, Dijon mustard, and salt and pepper to taste. Make sure each carrot is well coated, then transfer the carrots to a baking sheet lined with parchment paper. Distribute evenly in one single layer. Roast for 25 to 30 minutes or until the carrots are fork-tender and cooked through. Garnish with minced parsley just before serving.

Note: This recipe pairs well with baked potatoes and meatloaf.

Makes four servings. Each serving has 130 calories, 6 g fat, less than 1 g protein, 20 g carbohydrate, 3 g fiber and 230 mg sodium.

Nutrition: Maple syrup is rich in antioxidants, riboflavin, zinc, manganese, calcium and potassium. However, it is still high in natural sugars, so use sparingly.

Stretch your food dollar: Create a list before going grocery shopping to avoid unnecessary and impulsive purchases. This technique will help save time and money. Consider using the app “OurGroceries” for a quick and easy way to make your grocery list.
Black Bean Burgers

2 (15-oz.) cans black beans, drained, rinsed and patted dry
1 Tbsp. extra virgin olive oil
¾ c. finely chopped bell pepper
1 c. finely chopped yellow onion
3 garlic cloves, minced (about 1 Tbsp.)
½ tsp. ground cumin
1 tsp. chili powder
⅛ tsp. garlic powder
⅛ tsp. smoked paprika
½ c. bread crumbs or oat flour
⅓ c. feta cheese
2 large eggs
1 Tbsp. Worcestershire sauce
2 Tbsp. ketchup, mayo or barbecue sauce
Salt and pepper (to taste)

Preheat oven to 325 F. Spread beans evenly onto a lined baking sheet and bake for 15 minutes until slightly dried out. Meanwhile, sauté olive oil, chopped bell pepper, onion and garlic over medium heat until peppers and onions are soft, about five to six minutes. Gently blot out some of the moisture. Place in a large bowl or in a food processor with the remaining ingredients (cumin, chili powder, garlic powder, smoked paprika, breadcrumbs, cheese, eggs, Worcestershire, ketchup, salt and pepper). Stir or pulse everything together, then add the black beans. Mash with a fork or pulse the mixture, leaving some larger chunks of beans. Form into patties using a ⅓ cup of mixture for each.

To bake: Place patties on a parchment paper-lined baking sheet and bake at 375 F for 10 minutes on each side, 20 minutes total.

To grill: Place patties on greased aluminum foil and grill eight minutes on each side. Grill on medium-high heat about 350 to 400 F.

Serve with your favorite toppings. Try mashed avocado, caramelized onion and a slice of pepper jack cheese. Store leftovers in the refrigerator for up to four days.

Makes six burgers. Each burger patty has 270 calories, 6 g fat, 15 g protein, 40 g carbohydrate, 10 g fiber and 470 mg sodium.

Nutrition: Beans can be categorized as a vegetable or a protein in the U.S. Department of Agriculture’s MyPlate food groups. These nutrient powerhouses are high in fiber and protein, which help keep us full. They also contain antioxidants, phosphorus, iron and B vitamins. They can help protect against diseases including cancer, heart disease and diabetes.

Stretch your food dollar: Dry beans are budget friendly but they take time to prepare. Try canned beans, or cook larger batches of dry beans at once and freeze for later use. See NDSU Extension information about the nutrition and preparation of dry beans.

Health tip: Cook with dry beans if you are watching your sodium intake. If you prefer canned beans, drain and rinse them.
**March 2022 Calendar**

- **March 1**: National Nutrition Month
- **March 6**: Daylight Saving Time begins
- **March 8**: National Cereal Day
- **March 13**: National Ag Day
- **March 20**: National Ag Day
- **March 27**: National Spinach Day

**Events and Announcements**

- **March 2022**: NDSU EXTENSION
- **April 2022**: NDSU EXTENSION

**Website**: [www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food)
Roasted Radish and White Bean Salad
1 lb. radishes, washed, stemmed and sliced in half
2 Tbsp. olive oil (or your favorite cooking oil), divided
Salt (to taste)
Pepper (to taste)
1 (15-oz.) can cannellini beans, drained and rinsed
Juice of ½ lemon
⅛ tsp. garlic powder (or to taste)
¼ c. fresh parsley, stemmed and chopped
2 oz. feta cheese, crumbled
Preheat oven to 450 F. In a large mixing bowl, toss
the radish halves with 1 Tbsp. olive oil and season
with salt and pepper to taste. Place the seasoned
radishes on a baking pan or in a cast iron skillet. Roast
for 20 minutes, tossing occasionally, until tender and
caramelized. While the radishes are roasting, place
the cannellini beans in the same mixing bowl and add
1 Tbsp. olive oil, lemon juice and garlic powder. Season
with salt and pepper to taste. When the radishes are
done roasting, add them to the bowl with the beans
and add parsley. Sprinkle with feta cheese and adjust
seasonings, as necessary. Serve warm.

Makes eight servings. Without added salt, each serving has
120 calories, 5 g fat, 6 protein, 14 g carbohydrate, 4 g fiber
and 190 mg sodium.

Nutrition: Radishes are a root vegetable but are less starchy than
many other root vegetables. Radishes are a good source of vitamin C,
which helps with wound healing and immune system regulation.

Stretch your food dollar: Be aware that in some
stores, the most expensive items are at eye level. The
more economical ones might be on the bottom shelves.
Strawberry Rhubarb Crunch
4 c. fresh or frozen chopped rhubarb
2 c. fresh or frozen strawberries, sliced
1 Tbsp. honey
1 c. rolled oats
½ c. packed brown sugar
1 tsp. ground cinnamon
¼ c. butter
Preheat oven to 350 F. In a medium bowl, stir together the rhubarb, strawberries and honey. Pour into a shallow baking dish. In the same bowl, stir together the rolled oats, brown sugar and cinnamon. Mix in the butter until crumbly and spread over the top of the fruit. Bake for 40 minutes until rhubarb is tender and the topping is toasted. Serve warm.
Makes eight servings. Each serving has 180 calories, 7 g fat, 2 g protein, 29 g carbohydrate, 2 g fiber and 55 mg sodium.

Rhubarb

Nutrition: Rhubarb is naturally low in sugar and high in fiber. Due to the high fiber content, rhubarb may help maintain a healthy digestive system and decrease the risk of heart disease. Rhubarb is an excellent source of vitamin K, as well as a good source of vitamin C, potassium and calcium.

Stretch your food dollar: If you have extra fresh rhubarb in your garden or from a friend, consider freezing some for later in freezer bags or containers. See the NDSU Extension website for information about preserving a wide variety of fruits and vegetables.
Summer Grilled Chicken (or Steak) Salad

2 chicken breasts (about 1 lb.), boneless and skinless (or 1 lb. steak)
Salt (to taste)
Pepper (to taste)

Salad base
4 c. chopped romaine lettuce
1 large avocado, peeled and diced
2 c. sliced strawberries
1 c. blueberries
¼ c. red onions, chopped or sliced
1 c. cherry tomatoes, halved

Dressing
3 Tbsp. olive oil (or your favorite oil)
1 tsp. balsamic vinegar
½ tsp. minced garlic
¼ tsp. Dijon mustard
2 tsp. milk
Pinch of salt and pepper

Place chicken breasts (or steak) on plate and season both sides with salt and pepper.

Heat grill to medium heat (approximately 400 F). Place meat on grate over direct heat for four to five minutes each side.

Move meat away from the direct heat and cook for an additional five to seven minutes or until the internal temperature of the thickest part of the chicken reads 165 F or the steak reaches 145 F. Remove from grill and let rest at least five minutes. Dice the meat and set aside.

Prepare dressing by combining ingredients in small mixing bowl or Mason jar. Whisk or shake well to combine.

Assemble salads by evenly dividing lettuce, avocado, strawberries, blueberries, tomatoes and onions among four plates. Add diced chicken breast. Drizzle with dressing.

*Substitute marinated steak or pork if desired.

Makes four servings. Using chicken and no added salt, each serving has 370 calories, 20 g fat, 29 g protein, 20 g carbohydrate, 7 g fiber and 75 mg sodium.

Nutrition: Strawberries are a low-calorie, nutrient-dense snack packed with antioxidants to support healthy immune systems. One cup of strawberries has 50 calories and 3 grams of fiber. They are rich in vitamin C, potassium and folate.

Health tip: Avocados are high in healthful, monounsaturated fats, which are good for your heart. One avocado has 29 grams of fat.

Food safety tip: Always rinse fresh fruits and vegetables thoroughly with cool, running water before cutting or eating. Use a vegetable brush if needed.

Fun fact: Did you know the green tops of strawberries are edible?
SUNDAY  | MONDAY  | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY  | SATURDAY
------- | ------- | ------- | --------- | -------- | ------- | --------
MAY 2022
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

JULY 2022
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

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

June 2022
National Cheese Day
National Herb and Spice Day
National Corn on the Cob Day
National Get Outdoors Day
National Eat Your Vegetables Day
Juneteenth
Father's Day

www.ag.ndsu.edu/food
Broccoli and Sausage Stuffed Shells

15 jumbo pasta shells
1 lb. Italian sausage (turkey or pork)
1 ½ c. part-skim ricotta cheese
1 c. part-skim mozzarella cheese, shredded
½ head of broccoli, florets separated
Salt (to taste)
Freshly ground black pepper (to taste)
1 c. marinara sauce (or other tomato-based pasta sauce), lower sodium
Additional mozzarella, if desired

Preheat oven to 350 F. In a large pot of salted boiling water, cook pasta shells until al dente. Drain, then return to pot and let cool. Meanwhile, cook sausage in a large skillet over medium heat until golden and cooked through, breaking up with the back of a spoon, about five to six minutes.

In a large bowl, stir together cooked sausage, ricotta, mozzarella and broccoli and season with salt and pepper to taste. Pour marinara (or other tomato-based pasta sauce) in bottom of oven-proof skillet or baking dish, then stuff shells with sausage and cheese mixture and arrange in dish. If desired, sprinkle mozzarella cheese on top. Bake until the mixture is warmed through, about 20 minutes.

Makes five servings. With turkey sausage, each serving has 330 calories, 13 g fat, 23 g protein, 30 g carbohydrate, 2 g fiber and 530 mg sodium.

Broccoli

Nutrition: Broccoli is an excellent source of vitamin C. One cup of broccoli has as much vitamin C as an orange. Broccoli is an excellent source of calcium, which helps build strong bones and teeth, among its many functions.

Stretch your food dollar: Be creative with leftovers. Pack a lunch for the next day using your dinner leftovers. Make new dishes, freeze half for later or use leftover vegetables for stew, soup or casseroles.
Independence Day

www.ag.ndsu.edu/food
Cantaloupe Basil Salsa and Pita Crisps

2 c. small diced (¼ inch) cantaloupe (about 1 small melon)
¼ c. sweet onion such as Vidalia, finely chopped
2 Tbsp. fresh basil, finely chopped
1 (2-inch-long) fresh hot red or green chili such as serrano or Thai, minced**
1 Tbsp. fresh lime juice
¼ tsp. salt

Pita Crisps
3 pita breads* with pockets, store-bought or homemade
3 tsp. olive oil (to brush on pita breads)
Sprinkle of your favorite savory spice

Toss together all salsa ingredients in a bowl and let stand, covered and chilled, 10 minutes.

Preheat oven to 425 F. Prepare a large sheet pan (do not line with parchment). Place each pita flat on your cutting board and split them in half from the seam with a sharp knife or kitchen shears (you should end up with two single rounds of pita). If your pitas are the thick single-layer kind, you can skip this step.

Brush the pita rounds lightly with extra virgin olive oil and season lightly with your favorite savory spice on both sides. Using a knife or a pair of kitchen shears, cut each round of pita into eight triangles. Arrange triangles on the prepared sheet pan. Bake for five to 10 minutes, checking occasionally to turn over the triangles that have gained color. Bake until pita chips are crispy and golden brown to your liking.

*Choose whole grain to increase fiber and nutrition.
**Note: Much of the heat in peppers resides in the seeds. Wear plastic kitchen gloves when handling hot peppers.

Makes eight servings. Each serving has 80 calories, 2 g fat, 2 g protein, 13 g carbohydrate, 1 g fiber and 80 mg sodium.

Nutrition: One cup of cantaloupe provides about 60 calories. Cantaloupe provides a wide range of vitamins and minerals, including potassium, calcium, magnesium, phosphorus, and vitamins C and A. Cantaloupe is refreshing because of its high water content.

Stretch your food dollar: Clip coupons and watch store ads. Plan meals for the week based on what is on sale. This will help incorporate variety and help you stay within your budget.
National Zucchini Day

National Ice Cream and Pie Day

National Potato Day
Hawaiian Chicken Sheet Pan Meal

1.5 lbs. chicken breast or boneless skinless chicken thighs, cubed
1 Tbsp. canola oil (or your favorite oil)
1 large red bell pepper, diced
1 large orange bell pepper, diced
½ red onion, cut into chunks
½ c. barbecue sauce (plus more for drizzling)
1 c. pineapple chunks, canned (drained) or fresh
Juice of 1 lime
Cilantro and white sesame seeds for garnish
6 c. cooked brown or white rice (as an accompaniment)

Preheat oven to 350 F and prepare a baking sheet by lining with parchment paper and spraying with oil. In a large mixing bowl, season chicken breast with salt, pepper and a drizzle of oil. Next, add bell peppers, red onion and barbecue sauce to chicken. Use your hands to coat thoroughly. Bake in the oven for 20 minutes, then remove sheet pan and add pineapple chunks. Return to the oven for 15 to 20 more minutes or until chicken reaches an internal temperature of 165 F. Remove sheet pan from oven and squeeze lime juice over all. Add cilantro and sesame seeds to garnish. Serve with a side of rice.

Makes six servings. Each serving (with rice) has 470 calories, 7 g fat, 32 g protein, 68 g carbohydrate, 5 g fiber and 340 mg sodium.

Peppers

Nutrition: Bell peppers come in many colors and are low in calories and high in nutrients and antioxidants. A 1-cup serving of chopped bell pepper contains 120 mg of vitamin C, which helps the body absorb iron and heal wounds. It also has a role in preventing a variety of conditions such as cancer and heart disease. Peppers are also a good source of beta-carotene, potassium, vitamins A, B6 and E, and folate.

Fun fact: Although most people call bell peppers a vegetable, a botanist would consider them fruits because they are produced by flowering plants.

Stretch your food dollar: Buy frozen fruit or vegetables to save money. Vegetables are flash frozen almost immediately after being picked, so most of the nutrients remain intact. Frozen food has a longer shelf life than fresh produce.
Baked Cinnamon Apples

6 c. sliced apples
¼ c. sugar
¼ c. light brown sugar, packed
1 Tbsp. cornstarch
1 tsp. cinnamon
½ tsp. nutmeg
2 Tbsp. sour cream
1 Tbsp. lemon juice
2 Tbsp. butter, thinly sliced

Preheat oven to 375 F and grease a baking dish with cooking spray. Core, peel and slice apples into a large bowl. In a separate small bowl, mix together sugar, light brown sugar, corn starch, cinnamon and nutmeg. Add the sugar mixture, sour cream and lemon juice to the apples and mix well. Pour the apple mixture into the greased baking dish and top with pieces of thinly sliced butter. Bake the apples for 30 to 45 minutes or until they are tender, softened and bubbly. Stir the apples halfway through baking. Serve the baked apples with a dollop of whipped topping, a scoop of vanilla ice cream or vanilla yogurt.

Makes eight servings. Without toppings, each serving has 120 calories, 4 g fat, 0 g protein, 25 g carbohydrate, 1 g fiber and 30 mg sodium.

Nutrition: Apples are rich in vitamin C, potassium and other nutrients. They’re an excellent source of pectin, a soluble fiber that helps reduce or maintain blood cholesterol levels. Apples also provide health-promoting antioxidant compounds, and are linked to reducing the risk of heart disease and cancer.

Health tip: Eat fruit to satisfy your sweet tooth. Try consuming one small apple instead of a serving of sweets. Maintaining a healthy weight can help reduce the risk of several types of cancer, heart disease and diabetes.
<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>World Vegetarian Day</td>
</tr>
<tr>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td></td>
<td>National Taco Day</td>
<td>Yom Kippur begins</td>
<td>Yom Kippur ends</td>
<td>National Noodle Day</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>National Dessert Day</td>
<td>National Mushroom Day</td>
</tr>
<tr>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
</tr>
<tr>
<td></td>
<td></td>
<td>World Food Day</td>
<td>National Pasta Day</td>
<td></td>
<td>National Apple Day</td>
<td>National Nut Day</td>
</tr>
<tr>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Halloween</td>
<td></td>
<td>National Pumpkin Day</td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Garlic Smashed Potatoes

1 lb. baby red potatoes
(or use Yukon Gold or fingerling potatoes)
Pinch of salt
4 Tbsp. butter, melted
2 cloves garlic, minced
1 tsp. fresh thyme leaves
Freshly ground black pepper to taste
½ c. freshly grated Parmesan cheese

Preheat oven to 425 F. In a large pot, cover potatoes with water and add a pinch of salt. Bring water to a boil and simmer until potatoes are tender, about 15 minutes. Drain and let sit until cool enough to handle. On a large rimmed baking sheet, toss potatoes with melted butter, minced garlic and thyme leaves. Using the bottom of a small drinking glass or Mason jar, press down on potatoes to smash them into flat patties. Season with salt and pepper, then sprinkle with Parmesan. Bake until bottoms of potatoes are beginning to crisp and Parmesan is golden, about 25 minutes.

Makes six servings. Each serving has 160 calories, 10 g fat, 4 g protein, 15 g carbohydrate, 2 g fiber and 220 mg sodium.

Nutrition: Potatoes are an excellent source of complex carbohydrates, fiber, vitamin C, vitamin B6, potassium and manganese. Potatoes also contain resistant starch, which may improve blood sugar control. Many nutrients are found in the peel or directly under the peeling of the potato. Consume the skin and the flesh for maximum benefits.

Health tip: Potatoes are packed with antioxidants including flavonoids, carotenoids and phenolic acid. Antioxidants work to prevent free radicals that accumulate in the body and cause disease. These compounds have been shown to help reduce the risk of heart disease, diabetes and cancer.
## November 2022

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>29</td>
<td>30</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **1** American Diabetes Month
- **6** Daylight Saving Time ends
- **8** National Sandwich Day
- **8** National Pickle Day
- **20** Veterans Day
- **22** Thanksgiving Day

**OCTOBER 2022**

<table>
<thead>
<tr>
<th>S</th>
<th>M</th>
<th>T</th>
<th>W</th>
<th>T</th>
<th>F</th>
<th>S</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**DECEMBER 2022**

<table>
<thead>
<tr>
<th>S</th>
<th>M</th>
<th>T</th>
<th>W</th>
<th>T</th>
<th>F</th>
<th>S</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**webag.nsdu.edu/food**

**NDSU EXTENSION**

**EXTENDING KNOWLEDGE › CHANGING LIVES**
Ground Beef Stuffed Butternut Squash

2 large butternut squash
1 Tbsp. olive oil (or your favorite cooking oil)
1 lb. extra lean ground beef, browned and drained
1 medium onion, diced
3 garlic cloves, crushed and minced
4 mushrooms, chopped
1 large tomato, chopped
1 yellow bell pepper, diced
½ tsp. dried thyme
½ tsp. dried oregano
Cayenne pepper
Salt and pepper (to taste)
4 Tbsp. Parmesan cheese, grated

Preheat oven to 400 F. Cut the butternut squash into halves and remove its seeds with a spoon. Line a baking tray with parchment paper and lay the butternut squash halves on it. Roast for 30 minutes. Meanwhile, heat the olive oil in a skillet. Add the ground beef and cook it until brown, stirring often. Add the onion, garlic and mushrooms. Cook until the onion softens. Add the tomato, bell pepper, thyme, oregano, cayenne pepper, salt and pepper. Stir and cook further for about 15 minutes on medium-low heat. Remove the roasted butternut squash from the oven and scoop out some of the flesh, to make room for the stuffing. Stuff the butternut squash halves equally with the beef mixture and top with grated Parmesan. Return to the oven and cook for 10 more minutes.

Makes four servings. Each serving has 510 calories, 14 g fat, 44 g protein, 61 g carbohydrate, 11 g fiber and 240 mg sodium.

Nutrition: Squash is nutrient rich and an excellent source of fiber. A half cup serving of cooked, mashed squash contains 3 grams of fiber, 1 gram of protein and 11 grams of carbohydrate. Its orange flesh tells us it is high in beta-carotene, which our bodies use to make vitamin A. Squash is high in vitamin C, magnesium and potassium and a good source of many other vitamins and minerals.

Stretch your food dollar: Squash has a much longer shelf life than most fruits or vegetables. When properly stored, squash varieties can keep for several months. Be sure to stock up when they are on sale at your local grocery store or farmers market.

Fun fact: Botanists consider squash to be a fruit but most people refer to it as a vegetable.
For more information on this and other topics, see www.ndsu.edu/extension
County commissions, North Dakota State University and U.S. Department of Agriculture cooperating. NDSU does not discriminate in its programs and activities on the basis of age, color, gender expression/identity, genetic information, marital status, national origin, participation in lawful off-campus activity, physical or mental disability, pregnancy, public assistance status, race, religion, sex, sexual orientation, spousal relationship to current employee, or veteran status, as applicable. Direct inquiries to Vice Provost for Title IX/ADA Coordinator, Old Main 201, NDSU Main Campus, 701-231-7028, ndsu.eoaa@ndsu.edu. This publication will be made available in alternative formats for people with disabilities upon request, 701-231-7881.