Welcome to the first edition of a North Dakota specialty crops calendar. It features fruits, vegetables and legumes that can be grown in North Dakota. This educational calendar provides information about health benefits, preparation and storage of various specialty fruits and vegetables.

Visit [www.ag.ndsu.edu/fieldtofork](http://www.ag.ndsu.edu/fieldtofork) for more information about all of these topics and for educational opportunities.

Visit [www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food) for a wide range of nutrition, food safety and health information.

Project Team

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North Dakota is a leading producer of dry edible beans, chickpeas (garbanzo beans), lentils and split peas.

### Chocolate Chip Chickpea Blondies

1 (15-oz.) can chickpeas, drained and rinsed  
½ c. reduced-fat peanut butter  
⅓ c. honey  
2 tsp. vanilla  
⅛ tsp. salt  
¼ tsp. baking powder  
¼ tsp. baking soda  
⅓ c. chocolate chips plus 2 Tbsp. Coarse sea salt, for sprinkling (optional)

Preheat oven to 350 F and spray an 8- by 8-inch pan with nonstick cooking spray. In a food processor, add all ingredients except chocolate chips and process until batter is smooth. Fold in ⅓ cup of chocolate chips. Spread batter evenly in prepared pan, then sprinkle 2 tablespoons of chocolate chips on top. Bake for 20 to 25 minutes or until toothpick comes out clean and edges are a slightly brown. The batter may look slightly underdone. Cool pan for 20 minutes on a wire rack. Sprinkle lightly with sea salt (if desired), then cut into squares. Store covered in the fridge for three to five days.

Makes 16 servings. Each serving has 180 calories, 9 g fat, 6 g protein, 21 g carbohydrate, 2 g fiber and 200 mg sodium.

### Nutrition and Health

- **Pulses** are among the best plant-based sources of protein, with 7 grams of protein and 135 calories per ½ cup. One-fourth cup of cooked chickpeas or 2 tablespoons of hummus count as 1 ounce in the protein food group.
- Chickpeas contain soluble and insoluble fiber, which create a feeling of fullness after eating them. This feeling of fullness can be helpful for people wanting to lose weight. Chickpeas also are rich in vitamins and minerals, including folate, potassium, iron and magnesium.
- In studies, legumes, such as the chickpea, are associated with a reduced risk of heart disease and lower blood cholesterol levels, among other potential health benefits.

### Selection, Storage and Preparation

- **Legumes** are available in dry, canned and other forms. Dry legumes have a long storage life in a cool, dry place.
- They can be used in soups, salads, main dishes and even desserts. Visit the NDSU Extension website for a variety of pulse recipes.

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North Dakota is a leading producer of dry edible beans, chickpeas (garbanzo beans), lentils and split peas.
White Grape Sorbet

3 c. frozen seedless green grapes
1 Tbsp. fresh mint
3 Tbsp. honey
2 tsp. fresh lemon juice
Pinch of coarse salt

Place grapes in a food processor with mint, honey, lemon juice and salt. Puree. Place in freezer until firm, at least four hours.

Makes four servings. Each serving has 130 calories, 0 g fat, 1 g protein, 34 g carbohydrate, 1 g fiber and 65 mg sodium.

Growing grapes is becoming more popular in North Dakota due to the increase in demand for local products.

Grapes

Nutrition and Health

- A 1-cup serving of grapes has about 60 calories, 16 grams of carbohydrate, and less than 1 gram of protein and fat.
- Grapes, grape juice and wine all contain antioxidants, with red or purple grapes having a higher antioxidant content than green grapes. Research has shown these antioxidants may be beneficial in reducing high blood pressure, high cholesterol, blood clots and heart disease. Further research is needed to verify these findings.

Selection, Storage and Preparation

- Look for grapes that are plump, even in color and attached to the stem. Refrigerate grapes in the bag from the store.
- Rinse grapes in a colander under cold water before eating. For best quality, store grapes for up to five days in the refrigerator.
- Grapes can be used to make jelly, juice, vinegar, wine and raisins. Grape seed extract and grape seed oil are available commercially.

NDSU EXTENSION
www.ag.ndsu.edu/fieldtofork

February 2019

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- February is American Heart Month

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MARCH 2019

- World Cancer Day
- Presidents’ Day
- World Pistachio Day
- National Strawberry Day
- Presidents’ Day
- National Raisin Day

February is American Heart Month

NDSU EXTENSION
EXTENDING KNOWLEDGE >> CHANGING LIVES
www.ag.ndsu.edu/fieldtofork
Onions are members of the Amaryllis family. These low-calorie foods provide flavor in many recipes.

French Onion Soup

1 lb. yellow onions, sliced ¼ inch thick into half circles
2 Tbsp. unsalted butter
½ Tbsp. all-purpose flour
¼ c. apple cider
3 c. beef stock
Pinch dried thyme
Salt and freshly ground pepper

Melt butter in a heavy pot on medium-low heat. Add onions. Spread them out in as thin a layer as possible. Cook, stirring occasionally, until the onions are golden brown and beginning to caramelize, about one hour. Stir in flour. Slowly add cider, beef stock and thyme. Bring to a boil, then reduce heat to a simmer. Simmer for 15 minutes. Season to taste. Place in bowls. Sprinkle with grated cheese and place under a hot broiler until cheese is bubbly. Makes six servings. Each serving has 200 calories, 8 g fat, 10 g protein, 24 g carbohydrate, 1 g fiber and 310 mg sodium.

- Onions provide vitamin C and minerals, including phosphorus and potassium.
- Studies show that the phytochemicals in onions may protect against certain types of cancers.
- Onions provide flavor in many recipes. They are hardy and firm and dry, with papery skin and small neck. Moisture at the neck indicates decay. Avoid onions with thick, hollow centers in the neck or fresh sprouts.
- Store onions at room temperature in a well-ventilated area or refrigerate, but always keep them dry. Whole onions can keep for four to eight weeks. Sweet onions such as Walla Walla have a much shorter shelf life. Store cut onions in a covered container in the refrigerator and use within a few days.
- Tip: If your eyes water during preparation, try chilling onions for 30 minutes before cutting. Leave the root end intact and peel the onion. The root end holds the highest concentration of the sulfuric compounds that produce tears.

Nutrition and Health

- One medium onion (2½ inches in diameter) has 44 calories, no fat, 1 gram of protein, 10 grams of carbohydrate, 2 grams of fiber and 4 milligrams of sodium. Onions provide vitamin C and minerals.

Selection, Storage and Preparation

- Select onions that are hard, firm and dry, with papery skin and small necks. Moisture at the neck indicates decay. Avoid onions with thick, hollow centers in the neck or fresh sprouts.
- Store onions at room temperature in a well-ventilated area or refrigerator, but always keep them dry. Whole onions can keep for four to eight weeks. Sweet onions such as Walla Walla have a much shorter shelf life. Store cut onions in a covered container in the refrigerator and use within a few days.
- Tip: If your eyes water during preparation, try chilling onions for 30 minutes before cutting. Leave the root end intact and peel the onion. The root end holds the highest concentration of the sulfuric compounds that produce tears.

March is National Nutrition Month

- National Cereal Day
- National Ag Week March 17-23
- World Water Day
- National Spinach Day

March 2019

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St. Patrick’s Day
National Ag Week March 17-23
Daylight Saving Time starts
National Spinach Day

www.ag.ndsu.edu/fieldtofork

March 2019

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St. Patrick’s Day
National Ag Week March 17-23
Daylight Saving Time starts
National Spinach Day

www.ag.ndsu.edu/fieldtofork
Green, leafy vegetables add color to your plate and nutrition to your menu.

**Leafy Greens With Fruit, Cheese and Nuts**

| 2½ c. spring greens | 1 small apple or pear, cut into thin slices | ½ c. grapes, sliced lengthwise | ⅛ c. crumbled feta | ¼ c. toasted walnut halves |

In a large bowl, toss greens, apples and grapes together. Pour favorite dressing over the fruit and lettuce, and toss again to combine. Top salad with feta crumbles and toasted walnuts. Serve immediately.

Makes two servings. Each serving (without added salad dressing) has 180 calories, 12 g fat, 5 g protein, 19 g carbohydrate, 4 g fiber and 115 mg sodium.

**Nutrition and Health**

- Leafy greens provide a variety of nutrients and fiber. For example, 1 cup of raw spinach has 7 calories; no fat; 1 gram of protein, carbohydrate and fiber; and 24 milligrams of sodium.
- Green, leafy vegetables are rich in vitamins A (from the carotenoid natural pigments), C and K, and the B vitamin folate. Leafy greens also contain calcium and iron.

**Selection, Preparation and Storage**

- Choose leafy greens with crisp leaves; avoid brown edges.
- To clean leafy greens, rinse them in cool, running water. Sometimes soil can be difficult to remove, so place the leafy greens in a bowl of cool water and allow them to stand for a couple of minutes to loosen the soil. Rinse and remove excess moisture by blotting the lettuce with a clean paper towel or by placing the greens in a salad spinner.
- Green leafy vegetables, such as spinach, can be frozen; however, their structures are altered during the freezing process, and they should not be used in salads. Frozen, leafy green vegetables are best if used within six months of freezing.
- Contact your local NDSU Extension office for information on recommended varieties of vegetables to assure a good crop to fill the freezer.
Fiber-rich berries are naturally high in antioxidants that may help protect us from heart disease and cancer.

Nutrition and Health
- Strawberries have about 50 calories per cup, and raspberries about 64 calories per cup. Both types of fruit are rich in vitamin C and fiber. One cup of raw, sliced strawberries has 3.3 grams of fiber, while raspberries have about 8 grams of fiber.

Selection, Preparation and Storage
- Select strawberries that are firm and not overly moist, and have caps that are bright green with little wilting.
- Select raspberries that are red and retain their shape after being pressed lightly between two fingers. Do not purchase raspberries that feel soft or mushy.
- Rinse berries in cool water just before eating, then dab with paper towels or allow to air-dry in a colander.
- Berries have a short shelf life, so keep them refrigerated and use them quickly.

Grilled Chicken With Raspberry Glaze
4 boneless, skinless chicken tenderloins

Marinade
1 garlic clove, minced
¼ c. fresh cilantro, finely chopped
¼ c. fresh basil, finely chopped
1 Tbsp. fresh lime juice
2 Tbsp. vegetable oil
¼ tsp. ground pepper
1 Tbsp. low-sodium soy sauce
1 Tbsp. oyster sauce

Place chicken into a zip-top bag or a resealable container. Combine all the ingredients for the marinade in a large bowl, add to chicken and refrigerate for about one hour. Before cooking the chicken, assemble the spicy raspberry glaze by combining half of the raspberries (1½ cup), vinegar and honey in a small pan. Bring the mixture to a boil, then let simmer for 10 minutes. While the glaze is simmering, use a utensil to crush the raspberries so the glaze has no visible lumps. Let the glaze cool. While the glaze cools, chop the remaining ½ cup of raspberries, red onion and serrano pepper. Add these ingredients to the glaze and mix. Grill or pan fry the chicken over high heat for approximately 10 minutes, to an internal temperature of 165°C, and top with glaze. Serve with rice and/or salad greens.

Makes four servings. Each serving (4 oz. chicken plus 1 Tbsp. glaze) has 210 calories, 8 g fat, 27 g protein, 7 g carbohydrate, 0 g fiber and 340 mg sodium.
Snap beans can be enjoyed raw or cooked.

Bacon Parmesan Snap Beans

4 slices bacon, diced
2 lb. green beans, ends removed
¼ c. shredded Parmesan cheese
2 medium-size garlic cloves, minced
½ tsp. salt
½ tsp. black pepper

Cook and then chop the bacon. Cook the beans by placing them in a large pot of boiling, salted water. Fill another pot or bowl with ice water. Cook the beans until they can be pierced with a fork or break in half easily. Drain the beans. Remove the bacon and place them in ice water. Drain well and place in oven-safe pan. Preheat oven to 350 F. Combine the bacon, garlic, Parmesan cheese, salt and pepper in a bowl, then mix with beans. Bake for eight to 10 minutes.

Makes six (1-cup) servings. Each serving has 70 calories, 2.5 g fat, 5 g protein, 9 g carbohydrate, 5 g fiber and 160 mg sodium.

Nutrition and Health

Snap beans, or green beans, have about 30 calories per cup. They provide a variety of nutrients, particularly vitamins K and C, and fiber.

Selection, Preparation and Storage

Fresh snap beans should be light green, and should “snap” or break in half, easily.
Do not wash green beans before storing in the refrigerator. The water from the wash will make them spoil more quickly. Fresh green beans can be stored in the refrigerator for about one week.
After rinsing and blanching, beans can be frozen. Blanching by boiling or steaming for two to three minutes and then submerging in ice-cold water prior to packaging helps preserve quality during frozen storage.
If you plan to can beans, use a pressure canner and current recommendations available from NDSU Extension.
From fresh salsa to spaghetti sauce, tomatoes can be enjoyed a variety of ways on your menu.

**Mini Tomato and Chicken Pizzas With BBQ Drizzle**

- 1 Tbsp. olive oil
- 2 large tomatoes, cut into ½-inch-thick slices
- ½ c. shredded rotisserie chicken
- ¼ c. shredded mozzarella cheese
- ¼ c. shredded smoked Gouda cheese
- ¼ red onion, cut into thin strips
- ½ green bell pepper, cut into thin strips
- 6 Tbsp. barbecue sauce

Heat oven to 375 F and lightly coat baking sheet with olive oil. Place the sliced tomatoes on the baking sheet. Combine chicken, cheeses, onion and bell pepper in a bowl, then evenly coat tomato slices with the mixture. Bake for eight to 12 minutes or until cheese turns golden brown. Remove from oven and garnish with barbecue sauce.

Makes six servings. Each serving (one tomato slice) has 120 calories, 6 g fat, 6 g protein, 11 g carbohydrate, 1 g fiber and 220 mg sodium.

**Nutrition and Health**
- One cup of chopped tomatoes has about 32 calories, along with potassium, and vitamins C and K.
- Tomatoes contain an antioxidant pigment called lycopene that may reduce the risk of heart disease.

**Selection, Preparation and Storage**
- Fresh tomatoes should be free of discolorations, cracks and soft spots. They should have a mild, sweet aroma. A fresh, ripe tomato should be tender enough to depress slightly when applying gentle pressure.
- Unripe or green tomatoes should be stored stem down on a counter or in a cupboard until they ripen or turn red. Similarly, ripe tomatoes should be kept out of the counter and eaten in a few days.
- Soft, overly ripe tomatoes and cut tomatoes should be refrigerated and used within a few days.
- Tomatoes can be frozen, dried and canned following current research-based recommendations. Visit www.ag.ndsu.edu/food to learn more about preserving food.
Sweet corn is considered a summer treat but can be enjoyed all year in various recipes.

Sweet Corn

Corn on the Cob With Bacon and Buffalo Sauce

Ingredients:
- 4 ears corn, shucked and cleaned
- ¼ c. (½ stick) unsalted butter, melted
- 4 slices bacon, cooked, finely chopped
- 2 Tbsp. buffalo sauce

Instructions:
1. Boil corn for about 10 minutes, or place the corn on a grill at high heat and cook for 10 to 12 minutes while turning over and rotating it. While the corn is cooking, make the buffalo sauce by combining the melted butter and buffalo sauce. After the corn is cooked, let cool and slather with the sauce mixture. Garnish with finely chopped bacon.

Makes four servings. Each serving (one ear of corn) has about 210 calories, 16 g fat, 5 g protein, 14 g carbohydrate, 0 g fiber and 260 mg sodium.

Nutrition and Health
- On average, ½ cup of sweet corn has 75 calories, 2 grams of protein, less than 1 gram of fat and 16 grams of carbohydrate.
- Corn also provides eye-healthy natural carotenoid pigments, lutein and zeaxanthin.

Selection, Preparation and Storage
- When selecting corn on the cob, look for green husks and the absence of damage from worms or other pests. The husk should be bound tightly so you can feel ripe, firm kernels beneath the husk. The tassels or strings hanging out of the top of the husk should be moist and light in color. Black or dry tassels are signs that the corn is old or damaged.
- For best eating quality, prepare fresh corn right away or store in a refrigerator for three to four days. When refrigerating corn, leave it unhusked and uncovered.
- Corn can be frozen, dried or pressure-canned. To blanch, boil the corn for two to three minutes and submerge in ice-cold water. After blanching, place in freezer bags or storage containers and freeze. For more information about freezing and canning, visit the food preservation information at www.ag.ndsu.edu/food.
Apples can be used in a variety of ways, from crisp snacks to baked goods and jellies.

**Slow Cooker Harvest Apple Crisp**

- 6 large Gala apples
- ¾ c. brown sugar (or to taste)
- 2 tsp. cinnamon, divided
- 1 tsp. lemon juice
- 3 c. rolled oats
- ⅛ tsp. salt
- 5 Tbsp. butter

After washing apples, core, slice and place them in a large bowl. Top the apples with ½ cup brown sugar, 1 teaspoon cinnamon and lemon juice. Toss to combine. Place the apple mixture in the bottom of the slow cooker. In a small bowl, mix together brown sugar, cinnamon and salt. Sprinkle over the top of the apples. Place the lid of the slow cooker and continue to cook for another hour. Serve with Greek yogurt or ice cream of your choosing.

Makes 12 servings. Each serving has 230 calories, 6 g fat, 4 g protein, 41 g carbohydrate, 5 g fiber and 25 mg sodium.

**Nutrition and Health**

- A medium apple (3 inches) has about 100 calories, 25 grams of carbohydrate and 4 grams of fiber. An apple also provides vitamin C, potassium and other nutrients.
- Apples provide pectin, a soluble fiber that may help reduce or maintain blood cholesterol levels. Apples also provide health-promoting antioxidant compounds, especially directly under the skin.
- Eating apples is linked to reducing the risk for heart disease, cancer and other diseases. See the “All About Apples” publication from NDSU Extension.

**Selection, Preparation and Storage**

- Look for fruits with shiny, smooth skin and the characteristic color of the variety. Avoid selecting bruised or punctured apples. Treat apples gently to avoid bruising them.
- For longest storage, keep apples in a plastic bag in a refrigerator away from strong-smelling foods. Apples give off ethylene gas, which may cause browning of other produce.
- Apples can be frozen, dried or canned. Visit www.ag.ndsu.edu/food for more information about preserving apples.

**September 2019**

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Savory Pumpkin Soup

1 Tbsp. olive oil
1 medium red onion, chopped
3 garlic cloves, minced
2 Tbsp. chopped sage (about 10 leaves)
4 c. low-sodium vegetable broth
1 (15 oz.) can pumpkin puree (not pumpkin pie filling)
1 (15 oz.) can navy beans
1 tsp. turmeric
1 tsp. nutmeg
½ tsp. salt
½ tsp. pepper
Dried cranberries, pomegranate seeds and/or sage for garnish (optional)

In a large pot, heat olive oil over medium heat. Add onion and cook for five to seven minutes, until translucent. Add garlic and sage to the pot and cook for another minute. Add vegetable broth, pumpkin, beans, turmeric, nutmeg, salt and pepper; stir to combine. Bring to a simmer. Allow the soup to cool before transferring in small portions to a blender to puree. You may use an immersion blender. Transfer the soup back into the pot and let cook on medium-low heat for five to 10 minutes. Add salt and pepper to taste. Garnish as desired.

Makes six (1-cup) servings. Each serving has 130 calories, 2.5 g fat, 5 g protein, 21 g carbohydrate, 6 g fiber and 300 mg sodium.
Red-, white- and russet-skin are among the potato cultivars available.

**Roasted Parmesan Garlic Potatoes**

2 large red potatoes
1 large russet potato
1 large sweet potato
1 medium red onion
2 Tbsp. olive oil
2 Tbsp. unsalted butter, melted
5 cloves of garlic, minced
1 tsp. dried thyme
½ tsp. dried oregano
½ tsp. dried basil
⅓ c. freshly grated Parmesan cheese
⅛ tsp. salt
⅛ tsp. pepper
2 Tbsp. parsley leaves, chopped

Preheat the oven to 425 F. Wash and slice potatoes and onion into ¼-inch slices.* In a round pie plate, line the potatoes and onion alternately. In a bowl, combine melted butter, olive oil, herbs, salt, pepper, Parmesan and minced garlic. Drizzle the mixture over the potato and onion round, brushing the herbs and Parmesan over the top. Place in the oven for one hour or until fork tender with crispy edges. Serve warm, with a little fresh parsley and a dash of Parmesan.

*Try to match the size of potatoes and onions when arranging them in the pie plate.

Makes eight servings. Each serving has 160 calories, 7 g fat, 3 g protein, 21 g carbohydrate, 3 g fiber and 120 mg sodium.

**Nutrition and Health**
- A 5½-ounce potato has about 100 calories, no fat, 26 grams of carbohydrate and 3 grams of fiber. Potatoes are an excellent source of vitamin C and potassium.
- Topping a baked potato with excessive butter, sour cream, bacon and cheese increases the fat and calorie content of the potato. Try more healthful choices such as "reduced-fat" or "light" sour cream, or plain Greek yogurt.

**Selection, Preparation and Storage**
- Look for firm, smooth potatoes. Avoid potatoes with wrinkled skin and soft, decayed areas, cuts or bruises.
- Along with baking and boiling, potatoes can be preserved by drying, freezing and canning. See the food preservation information available at www.ag.ndsu.edu/foodpreservation to learn more.
- Store potatoes in a cool, dry, well-ventilated place.
- Tip: When potatoes are exposed to natural or artificial light, they can become green. Along with "greening," a compound called "solanine" forms. Solanine is one of the compounds that give potatoes their taste. In high amounts, however, solanine has a bitter taste and can be toxic. Avoid eating the green skin; simply trim and discard the green part of the potato before using.

**November 2019**

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November is American Diabetes Month

- National Sandwich Day
- Daylight Saving Time ends
- Veterans Day
- National Pickle Day
- Thanksgiving Day
Winter squash, although used as a vegetable, botanically is a fruit.

Nutrition and Health
- On average, ½ cup of mashed squash has about 42 calories, no fat, 1 gram of Carbohydrate, 3 grams of fiber and 4 milligrams of sodium.
- Winter squash is nutrient-dense and provides fiber, beta-carotene (which our body converts to vitamin A), potassium and B vitamins. Vitamin A helps maintain skin and eye health, potassium helps maintain a healthy blood pressure, and B vitamins are involved with producing energy.

Selection, Preparation and Storage
- Buttercup, butternut, acorn and spaghetti are among the types of squash available.
- When stored properly, winter squash can be stored from one to six months, depending on the variety. Store winter squash in a cool (50 to 55 degrees), dry place with relative humidity of 50 to 70 percent.
- Just like pumpkins, squash can be frozen or canned (as chunks, not mashed). Visit www.ag.ndsu.edu/food for more information on food preservation.
- To freeze squash, bake or boil squash, then mash and cool. Place in recipe-sized freezer bags or containers.

Spaghetti Squash Burrito Boats
- 2 medium spaghetti squash, halved, seeds removed
- 2 Tbsp. extra-virgin olive oil, separated
- ¼ tsp. salt
- ½ tsp. chili powder
- ¾ tsp. cumin
- 2 cloves of garlic, minced
- 1 lb. ground turkey
- 1 Tbsp. taco seasoning
- ½ tsp. cumin
- ½ tsp. black pepper
- 1 (15-oz.) can low-sodium black beans, drained and rinsed
- 1 (15-oz.) can fire-roasted, diced tomatoes with juice
- 1 (15-oz.) can unsweetened corn, drained
- 1 c. shredded Monterey Jack cheese
- ½ c. shredded white cheddar cheese
- 4 Tbsp. fresh cilantro, chopped
- 1 semi-ripe avocado, sliced

Preheat oven to 400 F. After cutting and seeding spaghetti squash, drizzle the cut sides with oil and season with salt, chili powder and cumin. Place the cut side face down on a large, rimmed baking sheet lined with parchment paper. Roast until tender, about 30 to 35 minutes. Let cool slightly. Using a fork, break up the squash strands.

While the squash is roasting, prepare the filling. In a large pan, heat the olive oil over medium heat. Add onions and cook until soft, about five minutes. Stir in garlic and cook until fragrant, about one minute. Add ground turkey. Cook until turkey is golden. Stir in taco seasoning and cumin powder; add salt and pepper as desired. Stir in drained and rinsed black beans, fire-roasted tomatoes with juice and drained corn. Fill each spaghetti squash with turkey mixture and top with cheese. Place in oven for about five minutes or until cheese is melted. Garnish with avocado and fresh cilantro.

Makes eight servings. Each serving has 380 calories, 19 g fat, 27 g protein, 28 g carbohydrate, 7 g fiber and 610 mg sodium.
Featured Recipes

January
Chocolate Chip Chickpea Blondies

February
White Grape Sorbet

March
French Onion Soup

April
Leafy Greens With Fruit, Cheese and Nuts

May
Grilled Chicken With Raspberry Glaze

June
Bacon Parmesan Snap Beans

July
Mini Tomato and Chicken Pizzas With BBQ Drizzle

August
Corn on the Cob With Bacon and Buffalo Sauce

September
Slow Cooker Harvest Apple Crisp

October
Savory Pumpkin Soup

November
Roasted Parmesan Garlic Potatoes

December
Spaghetti Squash Burrito Boats

Recipe photos by Stacy Wang, NDSU. Specialty crop photos from iStock.com.

For more information on this and other topics, see www.ag.ndsu.edu/fieldtofork