Get excited about healthy, delicious foods all year long with this calendar of food and nutrition-related events.

Please visit http://www.americanpistachios.org for additional recipes and nutrition information.
JANUARY

NUTRITION CONTENT THEMES AND IDEAS:
• Make healthful NY resolutions for the whole family by powering up on plants.
• Lighten up your spaghetti night with healthful recipes featuring whole grains, vegetables, herbs, and pistachios. Try this recipe for Whole Grain Spaghetti, Pecorino Cheese, Pepper and Pistachios.
• Bean up your diet with White Bean Pistachio Salad, tacos, burritos, and more.
• Popcorn is a healthful treat; provide gourmet ideas for popcorn snacks, adding dried fruits and pistachios.
• Beat the winter blues with delicious, healthy eating; try a new recipe like Grilled Chicken Tacos with Mango Pistachio Slaw.

SEASON: Winter
HOLIDAYS: New Year’s Day
FOOD HOLIDAYS: National Spaghetti Day, National Bean Day, National Popcorn Day

FEBRUARY

NUTRITION CONTENT THEMES AND IDEAS:
• Brighten up your winter with plants! Try this new delicious recipe featuring pistachios: Pistachio Zucchini Zoodles Salad.
• Give your sweetheart a heart-healthy treat with desserts they can feel good about: try dark chocolate and nuts for a delicious treat of good-for-you fats.
• It’s National Pistachio Day, how are you going to celebrate? Why not try this yummy recipe: Pistachio Green Tea Cake.
• Stir a handful of nuts, such as pistachios, into your banana bread this month for flavor and health benefits.

SEASON: Winter
HOLIDAYS: Valentine’s Day
FOOD HOLIDAYS: National Stuffed Mushroom Day, National Pistachio Day, National Banana Bread Day

MARCH

NUTRITION CONTENT THEMES AND IDEAS:
• Paint your plate green for St. Patrick’s Day with vegetables, herbs, and pistachios! Try this American Pistachio Pesto for starters.
• It’s National Nutrition Month—the time to celebrate good health and taste. One healthful goal is to include a handful of nuts, such as pistachios, almonds, walnuts each day.
• Celebrate RD Day with our top expert tips for health and beyond.
• What’s in your pancake? Try this Pistachio, oat, Cranberry Pancake for a new healthful twist.

SEASON: Spring
HOLIDAYS: St. Patrick’s Day
FOOD HOLIDAYS: National Pancake Day, RD Day, National Nutrition Month
APRIL

NUTRITION CONTENT THEMES AND IDEAS:
- Spring into good health with vegetable salads garnished with pistachios.
- For Earth Day, power up on plants to cut your carbon footprint. Try this American Pistachio Veggie Burger.

SEASON:
Spring

HOLIDAYS:
Earth Day
Easter
Passover

MAY

NUTRITION CONTENT THEMES AND IDEAS:
- Spoil mom with breakfast in bed, featuring light, tasty recipes such as American Pistachio English Tea Scones.
- Ole! Latin up your Cinco de Mayo Menu with this hot recipe: Pistachio Poblano Chile Mole.
- Fire up the grill for Memorial Day and try this light, heart-healthy choice: Low-fat Pistachio Chimichurri.
- Celebrate spring’s best fruits with fruit-forward desserts, like this one featuring Strawberry and Pistachios.

SEASON:
Spring

HOLIDAYS:
Cinco de Mayo
Memorial Day
Mother's Day

JUNE

NUTRITION CONTENT THEMES AND IDEAS:
- Kick into summer with veggie-forward eating with this healthy dish: Quinoa Kale Risotto with Pistachios.
- Think herbalicious! Plunge into healthy, flavorful herbs in the kitchen; try this RD-inspired recipe: Crunchy Spring Rolls.
- Treat dad right with a heart-healthy picnic, featuring American Pistachio Crab Cakes.

SEASON:
Summer

HOLIDAYS:
Father's Day

FOOD HOLIDAYS:
National Herb Week
JULY

NUTRITION CONTENT THEMES AND IDEAS:
• Farmers market treasures: include more seasonal, local vegetables in your dishes—try out this Garden Vegetable Pistachio Pasta Salad.
• Get your BBQ on, the healthy way. Check out this Pistachio Watermelon Grill Marinade.
• For National Lasagna Day, healthify your classic lasagna recipe by packing it with veggies and healthy fats.
• Pop a batch of blueberry muffins in the oven today, and stir in a crunchy twist with pistachios.

SEASON: Summer
HOLIDAYS: Fourth of July

AUGUST

NUTRITION CONTENT THEMES AND IDEAS:
• Freshen up your summer meals with the summer's bounty of produce. Enjoy a farm fresh salad daily, such as this American Summer Bean Salad.
• Turn up the grill to beat the heat of the kitchen. Serve healthful, plant-forward side dishes like this Veggie Rice Salad.
• Enjoy a healthful vacation or road trip by packing your own snacks. Make up your own trail mix with unsweetened dried fruits, coconut, pistachios, and chia seeds.

SEASON: Summer
FOOD HOLIDAYS: National Trail Mix Day

SEPTEMBER

NUTRITION CONTENT THEMES AND IDEAS:
• Back to School Time! Perfect your brown bag skills with our best tips for healthful lunches.
• Fall harvest alert! Enjoy fall’s best produce, with a collection of recipes featuring squash, such as this Fall Pistachio Soup.
• Get your pasta on for National Linguini Day! Try veggie-forward recipes, such as this Italian-Style Pistachio Pasta.
• Fuel your child’s after school sports schedules with nutrient-rich snacks, such as fruit, yogurt, and nuts.

SEASON: Fall
HOLIDAYS: Labor Day
FOOD HOLIDAYS: National Linguini Day
OCTOBER

NUTRITION CONTENT THEMES AND IDEAS:
• Pumpkin Mania! Celebrate all things pumpkin with our collection of pumpkin-inspired recipes, such as Baked Pumpkin.

• Make it a fresh taco Tuesday night in your house with a new twist: try a taco bar with grilled chicken or fish, sliced vegetables and fruits, exotic salsa, herbs, and nuts.

• Find room for fruit in your Halloween celebration with caramel apples. Check out this luscious recipe for starters.

• Kick your oatmeal bowl into high gear with extra additions, such as dried mangos, ginger, pistachios, and dates.

SEASON: Fall  
HOLIDAYS: Halloween  
Columbus Day  
FOOD HOLIDAYS: National Taco Day  
National Pumpkin Day  
National Oatmeal Day

NOVEMBER

NUTRITION CONTENT THEMES AND IDEAS:
• Comfort food season is getting started. Lighten up classic dishes with fresh inspiration, such as with this dietitian-developed Sweet Potato Casserole.

• Celebrate the fall bounty with seasonal plants, including pears, apples, squash, beets, and nuts.

• Thanksgiving recipe collection starts with stuffing, including an inventive twist with Pistachio Apricot Stuffing.

SEASON: Fall  
HOLIDAYS: Thanksgiving

DECEMBER

NUTRITION CONTENT THEMES AND IDEAS:
• Curl up to a nice cup of cocoa and biscotti this winter with our collection of recipes, such as this Pistachio and Chocolate Chunk Biscotti.

• Everything’s better dipped in chocolate, like these Chocolate Dipped Pistachio Cookie Slices.

• Christmas cookie exchange: try these Pistachio Macaroons.

• Add grace to your holiday table with special recipe ideas straight from the chefs, such as Lamb Chops in Pistachio Crust.

SEASON: Winter  
HOLIDAYS: Christmas Eve  
Christmas Day  
Hanukkah  
New Year’s Eve

FOOD HOLIDAYS: National Cookie Day  
National Cocoa Day  
National Chocolate Covered Anything Day