



AMERICAN PISTACHIOS

# SEASONAL INSPIRATION CONTENT CALENDAR



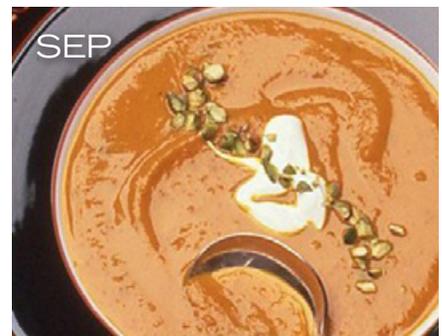
*The* **POWER** *of*  
**PISTACHIOS**<sup>®</sup>



[AmericanPistachios.org](http://AmericanPistachios.org)

# 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.





### SEASON:

Winter

### HOLIDAYS:

New Year's Day

### FOOD HOLIDAYS:

National Spaghetti Day

National Bean Day

National Popcorn Day

# 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:

Valentine's Day

### FOOD HOLIDAYS:

National Stuffed Mushroom Day

National Pistachio Day

National Banana Bread 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:

Spring

### HOLIDAYS:

St. Patrick's Day

### FOOD HOLIDAYS:

National Pancake Day

RD Day

National Nutrition Month

# 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:**  
Earth Day  
Easter  
Passover

**FOOD HOLIDAYS:**  
Earth 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:**  
Cinco de Mayo  
Memorial Day  
Mother's Day

# 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:**  
Summer

**HOLIDAYS:**  
Father's Day

**FOOD HOLIDAYS:**  
National Herb Week

# 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](#).



# 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

**FOOD HOLIDAYS:**  
National BBQ Day  
National Blueberry Muffin Day  
National Lasagna Day

---



# 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