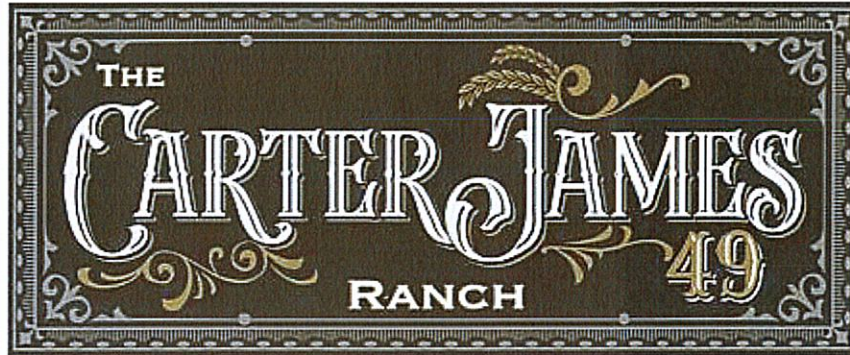


# Knowledge @ Noon



Wednesday, September 16, 2026

**KANSAS STATE**  
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# Kansas Seasonal Local Food

Items are organized based on when they are generally available fresh at your local farmers market, roadside stand, U-pick or CSA program. Local climate and growing practices may alter these seasons and harvesting windows.



Learn more



## Why buy in season?

Shop locally grown produce, protein, grains, and dairy to support your local farmers and economy. Choosing fresh, seasonal, Kansas-grown food provides high quality nutrition to your diet.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service.

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TEQUILA





# Buying Guide

## for Kansas-Grown Fruits and Vegetables

Choosing fresh, seasonal, Kansas-grown fruits and vegetables offers many benefits. Fresh fruits and vegetables are a healthy way to add more variety to your diet. Shopping for locally grown produce also supports your local farmers and economy.

Seasonal produce can be purchased at farmers markets, roadside or farm stands, you-pick operations, or through community supported agriculture programs. Some local grocery stores also source local produce.

### Finding Local Produce

To find a local farmers market, you can visit the Kansas Department of Agriculture's Farmers Market directory: <https://www.fromthelandofkansas.com/market/list> Your local extension office may also know of local markets, farm stands, or other sources of local produce.

The Kansas Local Foods website lists various directories that can help you find local food sources: <https://www.ksre.k-state.edu/kansaslocalfoods/find-local-food/source-local-food/directories.html>

### What's In Season

As a consumer, it is important to know what is likely to be available locally at a given time of year. This allows you to plan your meals, manage your grocery budget, and find peak quality produce. Although a

wide range of fruits and vegetables are available in the grocery store year-round, it's important to know what's actually in season locally, taking into consideration the local climate and conditions. The calendar provided in this guide gives an average range of when to expect different crops to be available in Kansas.

Kansas is a large state, with significant differences in climate from north to south and east to west. The typical timing and availability of each crop may vary by a few weeks in your area and may also vary from year to year. Certain crops may not be well-adapted to your location and are not available at all.

### Know Your Farmer, Know Your Food

Farmers also use a range of techniques to provide produce at different times of the year than you may be used to expecting from your garden. By using new cultivars, succession planting, row covers, and high tunnels, farmers can produce fruits or vegetables earlier or later in the season than you might expect. Some farmers grow produce in greenhouses using hydroponics or other technologies that make their produce available for much of the year.

#### Authors:

*Rebecca McMahon, Local Food System Program Administrator, Kansas Local Foods, K-State Research and Extension*

*Amanda Lindahl, Local Food System Program Coordinator, Kansas Local Foods, K-State Research and Extension*

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MF2647 rev. | December 2024



## What's in Season in Kansas?

All seasonality windows are approximate and may need to be adjusted earlier or later depending on the weather each season, your location in Kansas, and the practices of your local producers. The green bar indicates the window of availability.

|                  | April       | May             | June                               | July                            | August                               | September                             | October                        | November |
|------------------|-------------|-----------------|------------------------------------|---------------------------------|--------------------------------------|---------------------------------------|--------------------------------|----------|
| Apples           |             |                 |                                    |                                 | apples (storage through February)    |                                       |                                |          |
| Asparagus        | asparagus   |                 |                                    |                                 |                                      |                                       |                                |          |
| Beets            |             |                 | beets (storage through January)    |                                 |                                      |                                       |                                |          |
| Blackberries     |             |                 | blackberries                       |                                 |                                      |                                       |                                |          |
| Blueberries      |             |                 | blueberries                        |                                 |                                      |                                       |                                |          |
| Bok Choy         |             | bok choy        |                                    |                                 |                                      | bok choy                              |                                |          |
| Broccoli         |             |                 | broccoli                           |                                 |                                      | broccoli                              |                                |          |
| Brussels Sprouts |             |                 |                                    |                                 |                                      | brussel sprouts                       |                                |          |
| Cabbage          |             |                 | cabbage                            |                                 |                                      |                                       |                                |          |
| Chicories        |             | chicories       |                                    |                                 |                                      | chicories                             |                                |          |
| Chinese Cabbage  |             | chinese cabbage |                                    |                                 |                                      | chinese cabbage                       |                                |          |
| Carrots          |             |                 | carrots (storage through February) |                                 |                                      |                                       |                                |          |
| Cauliflower      |             |                 | cauliflower                        |                                 |                                      |                                       | cauliflower                    |          |
| Cherries, Tart   |             |                 | cherries                           |                                 |                                      |                                       |                                |          |
| Collards         |             | collards        |                                    |                                 |                                      |                                       |                                |          |
| Cucumbers        |             |                 | cucumbers                          |                                 |                                      |                                       |                                |          |
| Currants         |             |                 | currants                           |                                 |                                      |                                       |                                |          |
| Eggplant         |             |                 |                                    | eggplant                        |                                      |                                       |                                |          |
| Elderberry       |             |                 |                                    | elderberry                      |                                      |                                       |                                |          |
| Fennel           |             | fennel          |                                    |                                 |                                      | fennel                                |                                |          |
| Figs             |             |                 |                                    |                                 | figs                                 |                                       |                                |          |
| Garlic           |             |                 | garlic (storage through winter)    |                                 |                                      |                                       |                                |          |
| Grapes           |             |                 |                                    | grapes                          |                                      |                                       |                                |          |
| Green Beans      |             |                 | green beans                        |                                 |                                      |                                       |                                |          |
| Herbs, fresh cut |             | herbs           |                                    |                                 |                                      |                                       |                                |          |
| Horseradish      |             |                 |                                    |                                 |                                      |                                       | horseradish                    |          |
| Kale             | kale        |                 |                                    |                                 |                                      |                                       |                                |          |
| Kohlrabi         |             | kohlrabi        |                                    |                                 |                                      | kohlrabi                              |                                |          |
| Leeks            |             | leeks           |                                    |                                 |                                      | leeks                                 |                                |          |
| Lettuce          |             | lettuce         |                                    |                                 |                                      | lettuce                               |                                |          |
| Melons           |             |                 |                                    | melons                          |                                      |                                       |                                |          |
| Mustard          |             | mustard         |                                    |                                 |                                      | mustard                               |                                |          |
| Okra             |             |                 |                                    | okra                            |                                      |                                       |                                |          |
| Onions           |             | onions          |                                    |                                 |                                      |                                       |                                |          |
| Parsnip          |             |                 |                                    |                                 |                                      |                                       | parsnip (storage through Feb.) |          |
| Peaches          |             |                 |                                    | peaches                         |                                      |                                       |                                |          |
| Pears            |             |                 |                                    | pears, asian and european       |                                      |                                       |                                |          |
| Peas             |             | peas            |                                    |                                 |                                      |                                       |                                |          |
| Peppers          |             |                 |                                    | peppers                         |                                      |                                       |                                |          |
| Plums            |             |                 |                                    | plums                           |                                      |                                       |                                |          |
| Potatoes         |             |                 |                                    | potatoes (storage through Jan.) |                                      |                                       |                                |          |
| Pumpkin          |             |                 |                                    |                                 |                                      | pumpkins                              |                                |          |
| Radish           | radish      |                 |                                    |                                 |                                      | radish                                |                                |          |
| Raspberries      |             |                 | raspberries                        |                                 |                                      |                                       |                                |          |
| Rhubarb          | rhubarb     |                 |                                    |                                 |                                      |                                       |                                |          |
| Rutabaga         |             |                 |                                    |                                 |                                      | rutabaga (storage through Feb.)       |                                |          |
| Spinach          |             | spinach         |                                    |                                 |                                      |                                       |                                |          |
| Squash — Summer  |             |                 | summer squash                      |                                 |                                      |                                       |                                |          |
| Squash — Winter  |             |                 |                                    |                                 | winter squash (storage through Feb.) |                                       |                                |          |
| Strawberries     |             | strawberries    |                                    |                                 |                                      |                                       |                                |          |
| Sweet Corn       |             |                 |                                    | sweet corn                      |                                      |                                       |                                |          |
| Sweet Potatoes   |             |                 |                                    |                                 |                                      | sweet potatoes (storage through Feb.) |                                |          |
| Swiss Chard      | swiss chard |                 |                                    |                                 |                                      |                                       |                                |          |
| Tomatillo        |             |                 |                                    | tomatillos                      |                                      |                                       |                                |          |
| Tomato           |             |                 |                                    | tomatoes                        |                                      |                                       |                                |          |
| Turnips          |             | turnip          |                                    |                                 |                                      | turnip (storage through Feb.)         |                                |          |
| Watermelon       |             |                 |                                    |                                 | watermelon                           |                                       |                                |          |
|                  | April       | May             | June                               | July                            | August                               | September                             | October                        | November |



## Greek Style Lamb Meatballs

### Ingredients

- 1 pound **ground lamb**
- ¼ cup **red onion** diced
- 3 cloves **garlic** minced or pressed
- 1 large **egg**
- ¼ cup **feta cheese** crumbled
- 1 tablespoon **lemon juice**
- 2 teaspoons **fresh oregano** finely chopped
- 1 teaspoon **kosher salt**
- 1 teaspoon **ground cumin**
- ¼ teaspoon **black pepper**
- ¼ teaspoon **ground cayenne**

### Instructions

1. Preheat the oven to 425°F and lightly oil a baking sheet.
2. Add all of the ingredients to a large bowl, and use your hands to mix until fully combined, but be careful not to overwork the meat. [If you're like me and don't like touching raw meat, use some disposable food-safe gloves.]
3. Use a cookie scoop, to make 2 tablespoon size balls and gently roll them in your hands to get a perfect round shape. Then place them about 2 inches apart on your baking sheet. You should end up with roughly 20 lamb meatballs.
4. Bake for 15-20 minutes or until the meatballs are browned and reach an internal temperature of 160°F.
5. **To cook on the stove:** Heat 2 tablespoons of olive oil over medium-high heat in a large cast iron skillet. Add the meatballs and turn every 2 minutes until all sides are browned and the meatballs are cooked through to 160°F, about 6-8 minutes total. Cook the meatballs in batches to avoid overcrowding the pan (this helps them all get crispy on the outside).



## Notes

Store in an airtight container in the fridge for up to 4 days. Preheat the oven to 300°F. Place the lamb meatballs on a baking sheet and cover with foil. Bake for 10-15 minutes or until warmed through.

## Nutrition

Serving: 1 | Calories: 75kcal | Carbohydrates: 1g | Protein: 4g | Fat: 6g | Saturated Fat: 3g | Polyunsaturated Fat: 0.5g | Monounsaturated Fat: 2g | Trans Fat: 0.001g | Cholesterol: 28mg | Sodium: 155mg | Potassium: 63mg | Fiber: 0.1g | Sugar: 0.1g | Vitamin A: 33IU | Vitamin C: 1mg | Calcium: 17mg | Iron: 0.5mg

Recipe source: <https://www.barleyandsage.com>



# Barbeque Meat Balls

Gayle Plummer

1lb Hamburger  
1 small egg  
3/4 C. quick oatmeal  
1/2c. evaporated Milk  
1/3c. chopped onion (opt.)

1tsp. chili powder  
1/4tsp. garlic powder  
1/8tsp. pepper  
2tsp. salt

## Sauce

1 1/4c. catsup  
1c. brown sugar  
1T. liquid smoke

1/4tsp. garlic powder  
1/4c. chopped onion (opt.)

1. Mix and shape into balls the size you want.
2. Place in pan in single layers.
3. Mix sauce ingredients until sugar is dissolved and pour over meatballs.
4. Bake 1 hour at 350 degrees

## Nutrition Facts

|              |       |
|--------------|-------|
| Serving size | 213 g |
| Servings     | 6     |

Amount per serving

Calories

**180**

|                                  | % Daily Value* |
|----------------------------------|----------------|
| <b>Total Fat</b> 0.8 g           | 1%             |
| Saturated Fat 0.7 g              | 4%             |
| <b>Cholesterol</b> 31 mg         | 10%            |
| <b>Sodium</b> 804 mg             | 35%            |
| <b>Total Carbohydrate</b> 39.9 g | 15%            |
| Dietary Fiber 0.7 g              | 2%             |
| Total Sugars 37.3 g              |                |
| <b>Protein</b> 1.6 g             |                |

\* Percent Daily Values are based on a 2,000 calorie diet.



# Deviled Eggs

Deborah Doering

6 Large Eggs  
1/4 Cup Mayonnaise  
1 tsp Mustard  
Pinch of salt  
Pinch of pepper  
Paprika

1. Boil Eggs for 10 minutes and cool in ice bath.
2. Peel, cut in half length wise and remove yolks to a bowl.
3. Set aside the egg whites.
4. Mash yolks and add salt and pepper to taste.
5. Add mustard and mayonnaise to hold it all together.
6. Stir until well combined and spoon or pipe the yolk mixture into the egg white.
7. Sprinkle with paprika and store in refrigerator until ready to serve.

Makes 12 deviled eggs.  
Serving Size 2 deviled eggs  
Serves 6

| Nutrition Facts                                           |            |
|-----------------------------------------------------------|------------|
| Serving size                                              | 77 g       |
| Servings                                                  | 6          |
| Amount per serving                                        |            |
| Calories                                                  | <b>230</b> |
| % Daily Value*                                            |            |
| <b>Total Fat</b> 13.1 g                                   | 17%        |
| Saturated Fat 6.3 g                                       | 32%        |
| <b>Cholesterol</b> 193 mg                                 | 64%        |
| <b>Sodium</b> 172 mg                                      | 7%         |
| <b>Total Carbohydrate</b> 0.8 g                           | 0%         |
| Dietary Fiber 0.3 g                                       | 1%         |
| Total Sugars 0.4 g                                        |            |
| <b>Protein</b> 6.5 g                                      |            |
| * Percent Daily Values are based on a 2,000 calorie diet. |            |



## 9 Tasty Cottage Cheese Salad Recipes

grillcuisines.com

### Cottage Cheese and Chickpeas Salad Serves 4

2 cups Cottage Cheese  
1 cup Cooked Chickpeas (canned or fresh)  
1 cup Mixed Veggies (diced cucumber, carrots, bell pepper)  
2 T. Lemon Juice  
1 tsp. Ground Cumin  
2 T. Olive Oil  
Salt and Pepper to taste  
Optional: 1 cup chopped fresh parsley, ½ cup crumbled Feta Cheese

In a medium bowl mix cottage cheese, chickpeas, mixed veggies, lemon juice, olive oil and cumin. Season with salt and pepper. If using fresh parsley and feta, add now. Chill and Serve cold.

#### Tips & Variations:

- Use Greek Yogurt instead of Cottage Cheese
- Add diced onions or garlic
- Sub celery for carrots
- Mix in a chopped hard boiled egg.

#### Nutritional Facts: approx.

Per serving:

|               |       |
|---------------|-------|
| Calories      | 200   |
| Protein       | 30g   |
| Fat           | 10g   |
| Saturated Fat | 2.5g  |
| Cholesterol   | 10mg  |
| Carbs         | 15g   |
| Fiber         | 5g    |
| Sugar         | 5g    |
| Sodium        | 200mg |



# Italian Wedding Pasta Bake with Kidney Beans

1 can Progresso Light Italian Style Wedding Soup  
1 can Best Choice No Salt added Light Red Kidney Beans, drained and rinsed  
1 cup dry pasta (penne, rotini, shells or your favorite) makes about 2 cups cooked  
1/2-1 cup shredded mozzarella cheese  
1/4 cup grated Parmesan cheese (optional)  
1/2 teaspoon Italian seasoning  
1/4 teaspoon garlic powder  
Black pepper, to taste

Optional: cooked ground beef, Italian sausage, or chicken

1. Preheat oven to 375 degrees.
2. Cook the pasta according to the package directions. Drain. You should have about 2 cups cooked pasta.
3. Drain and rinse kidney beans.
4. In large bowl, combine the entire can of wedding soup, kidney beans, cooked pasta, Italian seasoning, garlic powder, and black pepper. Add optional cooked meat if using.
5. Transfer the mixture to a lightly greased baking dish.
6. Sprinkle mozzarella over the top. Add Parmesan if desired.
7. Bake uncovered for 20-25 minutes, until heated through and the cheese is melted and bubbly.
8. Let stand for about 5 minutes before serving.

| Nutrition Facts                                                                                                                                               |               |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| 4 servings per container                                                                                                                                      |               |
| <b>Serving size</b>                                                                                                                                           | <b>7.4 oz</b> |
| Amount per serving                                                                                                                                            |               |
| <b>Calories</b>                                                                                                                                               | <b>100</b>    |
| % Daily Value*                                                                                                                                                |               |
| Total Fat 6g                                                                                                                                                  | 8%            |
| Saturated Fat 6g                                                                                                                                              | 30%           |
| Trans Fat 0g                                                                                                                                                  |               |
| Cholesterol 20mg                                                                                                                                              | 7%            |
| Sodium 60mg                                                                                                                                                   | 42%           |
| Total Carbohydrate 12g                                                                                                                                        | 4%            |
| Dietary Fiber 4g                                                                                                                                              | 15%           |
| Total Sugars 5g                                                                                                                                               |               |
| Includes 0g Added Sugars                                                                                                                                      | 0%            |
| Protein 1g                                                                                                                                                    |               |
| Vitamin D 0.1mcg                                                                                                                                              | 0%            |
| Calcium 260mg                                                                                                                                                 | 20%           |
| Iron 1.6mg                                                                                                                                                    | 8%            |
| Potassium 180mg                                                                                                                                               | 4%            |
| *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |               |



# Taste of Home



## Lamb Marsala

**🕒 Total Time** Prep: 10 Min. Bake: 1 Hour

**Yield** 6 Servings



**👍 Test Kitchen Approved**

Lamb was a special treat for my family when I was growing up. I've had this recipe for more than 30 years. I hope it becomes a favorite for your family, too. —Bonnie Silverstein, Denver, Colorado

## Ingredients

- 3/4 cup Marsala wine or 1/2 cup chicken broth, 1/4 cup white grape juice and 1 tablespoon white wine vinegar
- 1 garlic clove, minced
- 1 tablespoon dried oregano
- 1 tablespoon olive oil
- 1 boneless leg of lamb (2-1/2 pounds), rolled and tied
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound fresh mushrooms, quartered

## Directions

- 1 In a small bowl, combine the wine, garlic and oregano; set aside. Rub oil over lamb, then sprinkle with salt and pepper. Place roast on a rack in a shallow roasting pan; spoon some wine mixture over roast. Set aside remaining wine mixture.
- 2 Bake, uncovered, at 325° for 1 to 1-1/2 hours or until meat reaches desired doneness (for medium-rare, a thermometer should read 135°; medium, 140°; medium-well, 145°), basting occasionally with some remaining wine mixture. Remove from the oven; cover loosely with foil for 10-15 minutes.
- 3 Meanwhile, pour pan drippings into a measuring cup; skim fat. In a large skillet coated with cooking spray, saute mushrooms until tender. Add pan drippings and any remaining wine mixture; heat through. Slice lamb and serve with mushroom sauce.

## Nutrition Facts

1 serving: 330 calories, 13g fat (5g saturated fat), 114mg cholesterol, 296mg sodium, 7g carbohydrate (4g sugars, 1g fiber), 38g protein. **Diabetic Exchanges:** 5 lean meat, 1 vegetable.

“

Lamb was a special treat for my family when I was growing up. I've had this recipe for more than 30 years. I hope it becomes a favorite for your family, too. —Bonnie Silverstein, Denver, Colorado

RECIPE CREATOR

”

# Oven-Roasted Pork

This healthy oven-roasted pork is as easy as it gets. Boneless center-cut pork loin is lean and uniform in shape, so it cooks evenly in the oven. Lowering the oven temperature after 30 minutes prevents the roast from drying out, so don't skip that step! Don't have fresh herbs on hand? Use dried instead. Substitute 1 teaspoon dried herbs for every 1 tablespoon fresh. Serve with green beans and crispy potatoes.

By **Julia Levy** | Updated on September 21, 2025

 Reviewed by Dietitian **Emily Lachtrupp, M.S., RD**

**Active Time:** 10 mins

**Total Time:** 1 hr 40 mins

**Servings:** 8

---

## Nutrition Profile:

Sesame-Free   Diabetes-Friendly   Nut-Free   Dairy-Free   Soy-Free   High-Protein   Egg-Free   Gluten-Free

## Ingredients

- 1 (2 pound) boneless center-cut pork loin roast
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon Dijon mustard
- 1 tablespoon chopped fresh thyme
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon minced garlic
- 1 ¼ teaspoons salt
- 1 teaspoon coarsely ground pepper
- 1 teaspoon crushed red pepper

## Directions

### Step 1

Preheat oven to 450°F. Line a baking sheet with foil and fit with an oven-safe wire rack. Place pork on the rack. Stir oil, mustard, thyme, rosemary, garlic, salt, pepper and crushed red pepper together in a small bowl. Rub the marinade all over the pork; let stand for 30 minutes.

### Step 2



Roast until sizzling and lightly browned in spots, about 15 minutes. Reduce oven temperature to 300°F (do not remove the pork from the oven). Roast until a thermometer inserted into the center of the roast registers 140°F, about 40 minutes.

### **Step 3**

Let the pork rest on the rack for 10 minutes before slicing.

### **Nutrition Facts**

---

Per serving: **Serving Size about 3 oz.** 198 calories; total carbohydrate 1g; protein 25g; total fat 10g; saturated fat 3g; cholesterol 67mg; vitamin a 125iu; vitamin c 2mg; vitamin d 25iu; vitamin e 1mg; folate 6mcg; vitamin k 3mcg; sodium 468mg; calcium 25mg; iron 1mg; magnesium 28mg; potassium 457mg; zinc 2mg; vitamin b12 1mcg



# Lamb Chops with Mint Pan Sauce

Lamb with mint jelly is a tried-and-true combination and this recipe takes the idea to new heights. The sweet, shocking green jelly is transformed into a richly flavored and pleasingly dark sauce. Make It a Meal: Serve with whole-wheat couscous and peas.

By **Jessie Price** | Updated on September 23, 2025

🥄 Reviewed by Dietitian **Sylvia Geiger, M.S., RD**

**Cook Time:** 35 mins

**Additional Time:** 5 mins

**Total Time:** 40 mins

**Servings:** 4

**Yield:** 4 servings

---

## Nutrition Profile:

Low-Carb   Diabetes-Friendly   Dairy-Free   Low-Sodium   Heart-Healthy   Gluten-Free  
Low-Calorie

## Ingredients

⅓ cup apple juice

1 ½ teaspoons cornstarch

8 lamb loin chops, trimmed of fat (about 1 1/2 pounds total)

½ teaspoon kosher salt

½ teaspoon freshly ground pepper

1 teaspoon neutral oil, such as canola *or* avocado

1 shallot, minced

⅓ cup reduced-sodium beef broth

2 tablespoons cider vinegar

2 tablespoons mint jelly

2 tablespoons minced fresh mint, divided

## Directions

### Step 1

Preheat oven to 450 degrees F. Combine apple juice and cornstarch in a small bowl; set aside.



## Step 2

Sprinkle lamb chops with salt and pepper. Heat oil in a large ovenproof skillet over medium-high heat. Add the chops and cook until browned on one side, about 2 minutes. Turn them over and transfer the pan to the oven. Roast until an instant-read thermometer inserted horizontally into a chop registers 140 degrees F for medium-rare, 6 to 10 minutes, depending on the thickness. Transfer the chops to a plate and tent with foil.

## Step 3

Place the skillet over medium-high heat (take care, the handle will still be hot). Add shallot and cook, stirring constantly, until browned and softened, about 1 minute. Add broth, vinegar and jelly and bring to a boil, whisking to dissolve the jelly. Cook, whisking constantly, until the liquid has reduced by half, 2 to 3 minutes. Stir the cornstarch mixture; add to the pan and bring to a simmer, stirring constantly, until the sauce is thickened, about 30 seconds. Remove from the heat and stir in half the mint along with any accumulated juices from the chops. Serve the chops topped with the sauce and the remaining mint.

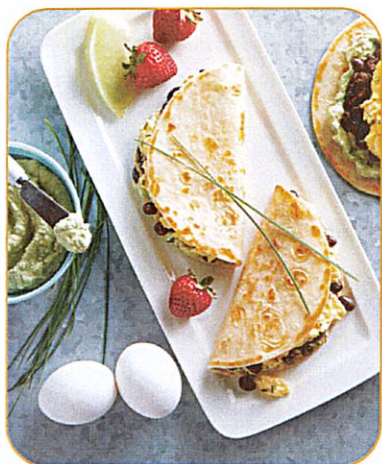
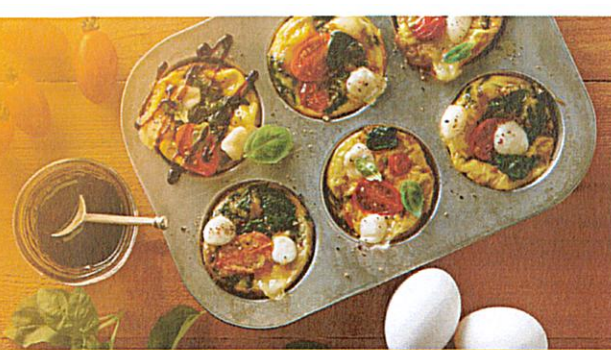
## Nutrition Facts

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Per serving: 197 calories; total carbohydrate 11g; dietary fiber 0g; total sugars 8g; protein 20g; total fat 8g; saturated fat 2g; cholesterol 62mg; vitamin a 177iu; vitamin c 1mg; folate 20mcg; sodium 234mg; calcium 23mg; iron 2mg; magnesium 23mg; potassium 314mg



# Eggs can be included in a heart-healthy diet for healthy adults<sup>1</sup>



- **Science is in alliance: Heart-healthy eating can include eggs**, as supported by a 2020 Harvard School of Public Health analysis.<sup>2</sup>
- Eggs can be included as part of a heart-healthy diet for healthy adults, according to the **American Heart Association**.<sup>1</sup>
- **Common knowledge hasn't caught up with decades of science.** Science says that eggs do not impact heart health.<sup>3</sup> Eggs are nutrient-rich and widely acknowledged to be part of a healthy diet for every age and stage.<sup>4</sup>

## A Nutrient Powerhouse

Eggs are more than high-quality protein. They're an all-around nutrient powerhouse — a complete protein with essential vitamins and minerals for healthy living.

### One large egg packs a nutritious punch<sup>5</sup>:

- ✓ 70 calories
- ✓ 6g high-quality protein
- ✓ 1g polyunsaturated fat  
2g monounsaturated fat
- ✓ Excellent source of vitamin B12, biotin, iodine, selenium, and choline plus a good source of riboflavin, pantothenic acid, and protein
- ✓ All 9 essential amino acids
- ✓ 252 mcg lutein + zeaxanthin



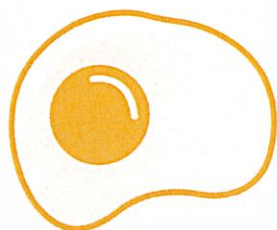
**Looking for recipes that fit into a heart-healthy diet?**

You can find meal inspiration at [incredibleegg.org/hearthealthyrecipes](https://www.incredibleegg.org/hearthealthyrecipes)



# When it comes to key nutrients for healthy living, eggs rule the roost.

Eggs are one of the least expensive sources of high-quality protein and can be enjoyed at any meal or eating occasion.



## OVERALL HEALTH

Eat the yolk! Nearly half of an egg's protein and most of its vitamins and minerals — including those essential for supporting our brains and bodies — are found in the yolk.



## BRAIN HEALTH

Choline helps support lifelong brain health at every age and stage, including memory, thinking, mood and more. Eggs are one of the most concentrated sources of choline in the American diet.



## WEIGHT MANAGEMENT

Eggs fill the tank without breaking the calorie bank. With 6g of high-quality protein, eggs can help you feel satisfied which can help you maintain a healthy weight.



## BONE HEALTH

Eggs are one of the only foods that naturally has vitamin D (6% DV), which along with calcium, is critical for building and maintaining strong bones.



## MUSCLE HEALTH

Eating high-quality protein, like eggs, in combination with carbohydrates post-workout can help refuel muscles and optimize recovery.



## EYE HEALTH

Lutein and zeaxanthin are carotenoids found in egg yolks that can help protect eyes from blue light.

### References

1. Carson JAS, et al. *Circulation*, 2019;141(3):e39-e53. 2. Drouin-Chartier J.P., et al. *BMJ*, 2020;368:m513. Published online 2020 Mar 4. 3. Fernandez, M.L., *J Family Practice*, 2022;71(6):s71-s75 4. U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2020-2025 *Dietary Guidelines for Americans*. 2020 5. FoodData Central SR Legacy. Egg, whole, raw, fresh. <https://fdc.nal.usda.gov/fdc-app.html#/food-details/171287/nutrients>.



EGG  
NUTRITION  
CENTER

Learn more about how naturally nutrient-rich eggs fit into healthy eating patterns, plus find delicious and nutritious recipes at **EggNutritionCenter.org**.

Egg Nutrition Center | 8755 West Higgins Road, Suite 300 | Chicago, IL 60631 | [EggNutritionCenter.org](https://EggNutritionCenter.org)



# Honey-Mustard Pork Chops with Potatoes

These honey-mustard pork chops feature a sweet and tangy sauce draped over juicy pork chops and tender baby potatoes. Shallots and garlic deepen the flavor, while fresh tarragon adds a bright finish.

By **Amanda Stanfield** | Published on March 23, 2026

 Reviewed by Dietitian **Emily Lachtrupp, M.S., RD**

**Active Time:** 30 mins

**Total Time:** 30 mins

**Servings:** 4

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## Nutrition Profile:

Sesame-Free   Nut-Free   Healthy Pregnancy   Healthy Aging   Soy-Free   High-Protein   Egg-Free   Gluten-Free

## Ingredients

- 1 pound multicolored baby potatoes, scrubbed
- 1 cup water, divided
- 4 (4-ounce) boneless center-cut pork chops, (¾-inch thick)
- ½ teaspoon ground pepper
- ¼ teaspoon salt
- 2 tablespoons extra-virgin olive oil
- 4 tablespoons unsalted butter, divided
- 4 medium shallots, quartered
- 3 medium cloves garlic, minced
- ⅓ cup country-style Dijon mustard
- 2 tablespoons honey
- 1 tablespoon chopped fresh tarragon leaves

## Directions

### Step 1

Place potatoes and ½ cup water in a medium microwave-safe bowl. Cover and microwave on High, stirring every 2 minutes, until tender, 6 to 8 minutes total. Drain and set aside.



### Step 2

Meanwhile, pat pork chops dry; sprinkle with  $\frac{1}{2}$  teaspoon pepper and  $\frac{1}{4}$  teaspoon salt. Heat 2 tablespoons oil in a large skillet over medium-high heat. Add the pork and cook until browned and an instant-read thermometer inserted into the thickest part registers 140°F, about 4 minutes per side. Transfer to a plate and cover with foil. (The temperature will rise to 145°F as they rest.) Do not wipe the skillet clean.

### Step 3

Melt 2 tablespoons butter in the skillet over medium heat. Add quartered shallots, cut-sides down; cook, undisturbed, until seared and slightly softened, about 3 minutes. Add minced garlic; cook, stirring constantly, until fragrant, about 30 seconds. Reduce heat to medium-low. Stir in  $\frac{1}{3}$  cup mustard, 2 tablespoons honey and the remaining  $\frac{1}{2}$  cup water and 2 tablespoons butter. Cook, stirring constantly, until the sauce is bubbling and slightly thickened, about 2 minutes.

### Step 4

Stir the reserved potatoes into the sauce. Remove from heat. Return the pork chops and any accumulated juices to the skillet, turning to coat in the sauce. Top with 1 tablespoon chopped tarragon.

## Nutrition Facts

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Per serving: **Serving Size 1 pork chop, about  $\frac{3}{4}$  cup vegetable mixture & about 2 Tbsp. sauce**  
575 calories; total carbohydrate 40g; dietary fiber 6g; total sugars 14g; added sugars 6g; protein 34g; total fat 32g; saturated fat 12g; cholesterol 126mg; vitamin a 102mcg; vitamin c 28mg; vitamin d 1mcg; vitamin e 2mg; folate 38mcg; vitamin k 11mcg; sodium 752mg; calcium 94mg; iron 3mg; magnesium 82mg; potassium 1116mg; zinc 3mg; vitamin b12 1mcg; omega 3 0g

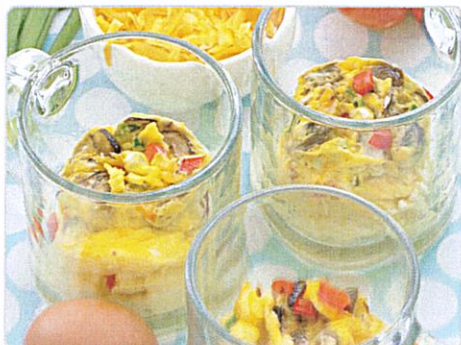
*Additional reporting by* **Carrie Myers, M.S. and Linda Frahm**



# Veggie Omelet in a Mug

Recipe by Food Hero — Oregon State University Cooperative Extension Service

Making a veggie omelet has never been so easy! Combine all of your ingredients in a mug, pop it in the microwave, and breakfast is ready!



**CALORIES**  
**203**  
per serving

**YIELD**  
**1 Serving**

**RATING**  
★★★★★  
**4.29** (7)

**FOOD GROUPS**  
Dairy · 1/2 cups · Protein Foods · 2 ounces

## INGREDIENTS

- 2 eggs
- 2 tablespoons fat-free (skim) milk
- 1 pinch salt
- 1 pinch black pepper
- 1/4 cup finely chopped mushrooms — or your favorite vegetables
- 2 tablespoons low-fat cheddar cheese, shredded — or your favorite cheese

**Notes:** To make a meal, serve with a slice of whole grain toast and fruit.

## DIRECTIONS

- 1 Wash hands with soap and water.
- 2 Lightly grease the inside of a 12-ounce microwave-safe mug.
- 3 Use a fork to combine the eggs, milk, salt and pepper in the mug and stir well.
- 4 Mix in the vegetables and cheese.
- 5 Microwave on HIGH for 45 seconds.
- 6 Stir.
- 7 Return to the microwave and cook on HIGH until the mixture has puffed and set, 60 to 90 seconds.
- 8 The omelet may look wet on the top but it will dry as it cools.
- 9 Refrigerate leftovers within 2 hours.

## NUTRITION Per serving · 1 recipe

| CALORIES              |          | PROTEIN    | CARBS    | FAT         | FIBER   |
|-----------------------|----------|------------|----------|-------------|---------|
| 203                   |          | 17.79 g    | 3.56 g   | 12.92 g     | 0.18 g  |
| MACRONUTRIENTS        |          | MINERALS   |          | VITAMINS    |         |
| Total Calories        | 203.3    | Calcium    | 197 mg   | Vitamin A   | 220 mcg |
| Total Fat             | 12.9 g   | Potassium  | 253 mg   | Vitamin B6  | 0.1 mg  |
| Saturated Fat         | 5 g      | Sodium     | 386.0 mg | Vitamin B12 | 1.4 mcg |
| Monounsaturated Fat   | 4 g      | Copper     | 0 mg     | Vitamin C   | 0 mg    |
| Polyunsaturated Fat   | 2 g      | Iron       | 2 mg     | Vitamin D   | 3 mcg   |
| Linoleic Acid         | 2 g      | Magnesium  | 20 mg    | Vitamin E   | 1 mg    |
| α-Linolenic Acid      | 0 g      | Phosphorus | 305 mg   | Vitamin K   | 1 mcg   |
| Omega 3 - EPA         | 0 g      | Selenium   | 40 mg    | Folate      | 79 mcg  |
| Omega 3 - DHA         | 0 g      | Zinc       | 2 mg     | Thiamin     | 0.1 mg  |
| Cholesterol           | 422.6 mg |            |          | Riboflavin  | 0.6 mg  |
| Carbohydrates         | 3.6 g    |            |          | Niacin      | 1 mg    |
| Dietary Fiber         | 0.2 g    |            |          | Choline     | 346 mg  |
| Total Sugars          | 2.1 g    |            |          |             |         |
| Added Sugars included | 0 g      |            |          |             |         |
| Protein               | 17.8 g   |            |          |             |         |



## DID YOU KNOW?

A 3-ounce serving of pork delivers 20 grams of protein, making it an easy and tasty way to get the protein your body needs.



## Protein starts with Pork



### GROUND PORK QUESADILA



- 1/2 lb ground pork
- 1/4 c onion, diced
- 1 tsp garlic, minced
- 1/4 tsp cumin, ground
- 1/4 tsp oregano
- 1 tbsp jalapeno, minced
- 1/4 c cilantro, chopped
- 4 10" flour tortillas
- 1/3 c cheddar cheese shredded

### Cooking Directions – Serves 8

Cook pork with onion and garlic in a large nonstick skillet over medium high heat until browned, then drain and stir in cumin, oregano, jalapeño, and cilantro. Wipe out the skillet and return to medium heat. Place one tortilla in the skillet, top with half the pork mixture and cheese, then add a second tortilla and press gently. Cook 2 to 3 minutes per side until golden, cut into wedges, and serve with salsa or sour cream if desired.

### Nutrition Facts

Calories: 472 calories  
Protein: 16 grams

Saturated Fat: 7 grams  
Fat: 17 grams

Carbohydrates: 61 grams  
Sodium: 949 milligrams

### Cooking Directions – Serves 12

Preheat the air fryer to 300°F. In a small bowl, mix the melted butter, brown sugar, Worcestershire sauce, onion powder, garlic powder, and poppy seeds. Cut the Hawaiian rolls in half and spread dijon mustard on the insides, then place the bottom halves in a single layer in the air fryer basket. Layer with ham and cheese, top with the roll tops, and brush with the butter mixture. Air fry for 8 to 10 minutes, until the cheese is melted and the tops are golden brown.

### Nutrition Facts

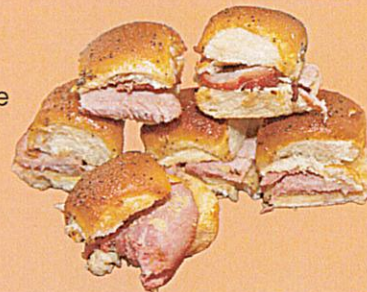
Calories: 411 calories  
Protein: 25 grams

Saturated Fat: 15 grams  
Fat: 30 grams

Carbohydrates: 9 grams  
Sodium: 949 milligrams

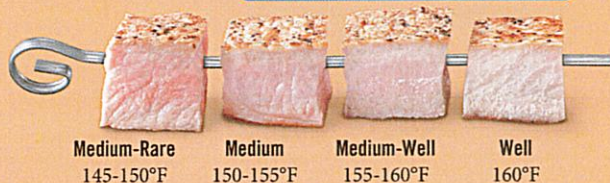
### AIR FRYER HAM SLIDERS

- 12 hawaiian dinner rolls
- 12-16 oz leftover ham
- 8 oz swiss cheese
- 1/2 c butter
- 1 tbsp brown sugar
- 1/2 tsp worcestershire sauce
- 1 tbsp dijon mustard
- 2 tbsp poppy seeds
- 1/2 tsp onion powder
- 1/2 tsp garlic powder



**PORK** is an excellent source of vitamins and minerals.

Thiamin, Zinc, Selenium,  
Niacin, Riboflavin, B6, B12



Medium-Rare  
145-150°F

Medium  
150-155°F

Medium-Well  
155-160°F

Well  
160°F

\*To check doneness, use a digital thermometer. The Kansas Pork Association follows the guidance of the U.S. Department of Agriculture, which recommends cooking, roasts, tenderloins, and chops to an internal temperature of 145 degrees F, followed by a 3 minute rest time.



eat pork .org

For more recipes, nutritional information and teaching materials visit [eatpork.org](http://eatpork.org)



## AIR FRYER ITALIAN SUBS



- 5 Italian sausages
- 1 jar marinara sauce
- 1 medium red bell pepper
- 1 medium green bell pepper
- 1 medium onion
- Shredded mozzarella cheese
- Dried oregano, to taste
- Red pepper flakes, to taste
- 5 Brat buns

### Cooking Directions - Serves 5

Preheat the air fryer to 320°F and cook sliced peppers and onions for 10 to 12 minutes, stirring halfway, then set aside. Increase the temperature to 370°F and air fry the sausages for 10 to 12 minutes, flipping halfway. Split the buns, spread with marinara, add a sausage, peppers and onions, more marinara, and mozzarella, then air fry at 350°F for about 2 minutes until the cheese melts. Garnish with oregano, parsley, and red pepper flakes.

### Nutrition Facts

Calories: 336 calories  
Protein: 14 grams

Saturated Fat: 4 grams  
Fat: 12 grams

Carbohydrates: 42 grams  
Sodium: 738 milligrams

### Cooking Directions - Serves 8

Place the ground pork in a large bowl and add the seasonings and waffle pieces. In a small bowl, mix the maple flavoring and maple syrup, then pour over the pork and gently combine with a fork. Shape into 8 to 10 patties and cook in a preheated skillet over medium heat, browning both sides until cooked through and the internal temperature reaches 160°F.

### Nutrition Facts

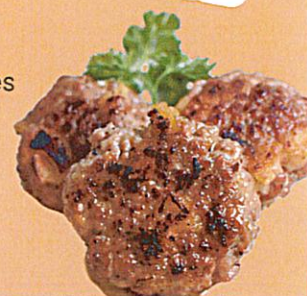
Calories: 251 calories  
Protein: 15 grams

Saturated Fat: 7 grams  
Fat: 19 grams

Carbohydrates: 6 grams  
Sodium: 512 milligrams

- 1 ½ lbs ground pork
- 1 ½ tsp kosher salt
- ½ tsp crushed red pepper flakes
- 1 tsp minced dried garlic
- 1 frozen waffle torn into small pieces
- ½ tsp ground black pepper
- 1 tsp dried rubbed sage
- ¼ tsp maple flavoring
- 2 tbsp real maple syrup

## MAPLE BREAKFAST SAUSAGE



## BACON-WRAPPED PORK SAUSAGE

- 12 pork sausages
- 1 - 5 lbs package of bacon
- 2 - 3 lbs cooked pulled pork
- 1 c BBQ sauce
- 12 Brat Buns
- Your choice of toppings



### PRO TIP:

Be sure to ask an adult for help when using the grill.

### Cooking Directions - Serves 12

Wrap each sausage tightly with a slice of bacon, doubling if needed, without using toothpicks. Preheat the grill to about 325°F and cook the bacon wrapped sausages over direct heat, turning as needed to prevent flare ups, until they reach an internal temperature of 165°F. While they cook, warm the pulled pork mixed with BBQ sauce in a skillet. Toast the buns on the grill, then assemble with a bacon wrapped sausage, pulled pork, and your favorite toppings.

### Nutrition Facts

Calories: 650 calories  
Protein: 30 grams

Saturated Fat: 15 grams  
Fat: 45 grams

Carbohydrates: 30 grams  
Sodium: 1,200 milligrams

### Cooking Directions - Serves 4

Heat oil in a large skillet over medium-high heat. Cook potatoes and onions with Sazon Goya or seasoning salt until tender and lightly browned; remove and set aside. In the same skillet, brown the chorizo. Scramble eggs in a separate skillet over medium-low heat until just set. Warm tortillas until pliable, then fill with potatoes, chorizo, and eggs. Top with cheese and salsa if desired, roll tightly, and serve.

### Nutrition Facts

Calories: 505 calories  
Protein: 20 grams

Saturated Fat: 8 grams  
Fat: 27 grams

Carbohydrates: 44 grams  
Sodium: 294 milligrams

- 2 tbsp vegetable oil
- 3 potatoes diced
- ½ yellow onion diced
- 1 packet Sazon Goya
- ½ lb chorizo
- 4 eggs beaten
- 4 flour tortillas soft taco sized
- Your choice of toppings

## CHORIZO BREAKFAST BURRITOS





# Greek Style Lamb Meatballs



These Greek style lamb meatballs are juicy, flavorful, and ready in just 30 minutes for a delicious weeknight dinner or easy lunch!

|                   |                                       |
|-------------------|---------------------------------------|
| <b>Course</b>     | Appetizer, Dinner, Lunch, Main Course |
| <b>Cuisine</b>    | Greek, Mediterranean                  |
| <b>Diet</b>       | Gluten Free                           |
| <b>Prep Time</b>  | 10 minutes                            |
| <b>Cook Time</b>  | 20 minutes                            |
| <b>Total Time</b> | 30 minutes                            |
| <b>Servings</b>   | 20 meatballs                          |
| <b>Calories</b>   | 75kcal                                |
| <b>Author</b>     | Kyleigh Sage                          |

## Equipment

- half sheet pan
- 2 tablespoon cookie scoop
- instant thermometer

## Ingredients

### Meatballs

- 1 pound **ground lamb**
- ¼ cup **red onion** diced
- 3 cloves **garlic** minced or pressed
- 1 large **egg**
- ¼ cup **feta cheese** crumbled
- 1 tablespoon **lemon juice**
- 2 teaspoons **fresh oregano** finely chopped
- 1 teaspoon **kosher salt**
- 1 teaspoon **ground cumin**
- ¼ teaspoon **black pepper**
- ¼ teaspoon **ground cayenne**

### Serve With

- **tzatziki**
- **naan** or pita
- **lemon orzo**

## Instructions

1. Preheat the oven to 425°F and lightly oil a baking sheet.

2. Add all of the ingredients to a large bowl, and use your hands to mix until fully combined, but be careful not to overwork the meat. [If you're like me and don't like touching raw meat, use some disposable food-safe gloves.]
3. Use a cookie scoop, to make 2 tablespoon size balls and gently roll them in your hands to get a perfect round shape. Then place them about 2 inches apart on your baking sheet. You should end up with roughly 20 lamb meatballs.
4. Bake for 15-20 minutes or until the meatballs are browned and reach an internal temperature of 160°F.
5. **To cook on the stove:** Heat 2 tablespoons of olive oil over medium-high heat in a large cast iron skillet. Add the meatballs and turn every 2 minutes until all sides are browned and the meatballs are cooked through to 160°F, about 6-8 minutes total. Cook the meatballs in batches to avoid over crowding the pan (this helps them all get crispy on the outside).

## Notes

Store in an airtight container in the fridge for up to 4 days. Preheat the oven to 300°F. Place the lamb meatballs on a baking sheet and cover with foil. Bake for 10-15 minutes or until warmed through.

To freeze meatballs: Place the cooked meatballs on a baking sheet and freeze for about 30 minutes. Then transfer to an airtight container (I love these vacuum seal bags) and freeze for up to 3 months. Let thaw in the fridge overnight.

## Nutrition

Serving: 1 | Calories: 75kcal | Carbohydrates: 1g | Protein: 4g | Fat: 6g | Saturated Fat: 3g | Polyunsaturated Fat: 0.5g | Monounsaturated Fat: 2g | Trans Fat: 0.001g | Cholesterol: 28mg | Sodium: 155mg | Potassium: 63mg | Fiber: 0.1g | Sugar: 0.1g | Vitamin A: 33IU | Vitamin C: 1mg | Calcium: 17mg | Iron: 0.5mg