



Stovetop Popcorn - Med Instead of Meds
Popcorn
Flavor your popcorn to your liking - some of our f...

- paprika, black pepper and salt
- oregano, thyme, parsley, bla...
- shredded parmesan and...
- cinnamon and nutm...

Pop, season a...
Serves 4
Serving Size: about 1 cup
Cook Time: 15 minutes
Total Time: 15 minutes

Ingredients

- 2-3 tablespoons olive oil or can...
- 2 tablespoons popcorn kernels -
- sauce pot with one layer of kernels
- cooking, more than you'd expect, so
- enough room in your pot or pan for al...
- Herbs and spices to taste

Directions

1. Put a medium sauce pot on high heat. Coat th...
2. Once one or more of the kernels has popped, cov...
- single layer of the remaining popcorn kernels and...
- Gently shake the pot over the heat source to preven...
- continue shaking until most kernels have popped.
- off the heat and continue to shake for a few seco...
- popcorn, choose your preferred flavor combin...
- help herbs and spices stick, drizzle 1-2 teaspoo...
- season, and then toss again. (Med Tip: Seaso...
- will better absorb oil and spices.)

NDSU EXTENSION SERVICE

FN1826 (Revised April 2020)

Do It Yourself

FH1821J (Revised April 2020)

Do It Yourself Spice Mixes

Making your own spice blends is a win-win id a th f
gives your food a pop of **flavor while** educing 8C)dlum.
Herbs come from the leaves of shrubs. Spic com from th p rt or pt n .

Did you know?

Many s...
For exam...
970 millig...
1...

Make It your own

d w idll'9 _.

Pinchin' Pennies in the Kitchen

ii6&@44iilitlhiid40ff4fi



of plants.

All photos by NDSU

= grams
g = milligrams

American Seasoning Blend

- p. parsley, dried
- garlic powder
- onion powder





Easy Candied Pecans

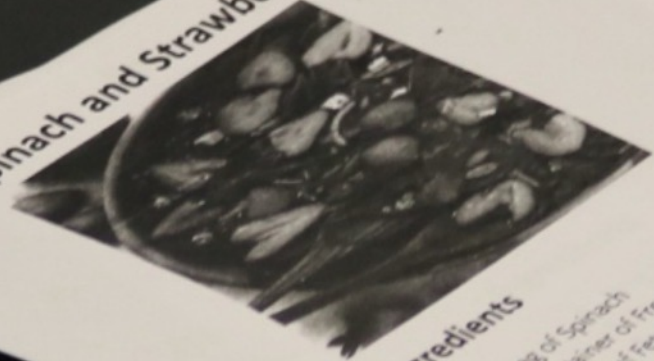


Ingredients

- 1/2 cup brown sugar
- 1/2 cup ground cinnamon
- 1/2 cup sea salt
- 1/2 cup (optional)
- 1/2 cup (optional)

Preheat oven to 350 degrees. In a large bowl, mix the brown sugar, cinnamon, sea salt, and the optional ingredients. Add the pecans and toss to coat. Spread the pecans on a baking sheet and bake for 20-30 minutes. Let them cool and become crunchy.

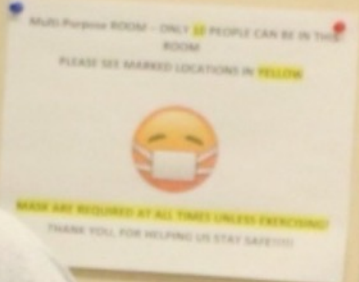
Spinach and Strawberry Salad



Ingredients

- 1 bag of Spinach
- 1 container of Fresh Strawberries
- 1 block of Fresh Cheese
- 1/4 of Sliced Red Onions
- 6 eggs Sliced boiled eggs
- 1 Sliced cucumber
- 1 small bag of Sliced Toasted almonds (optional)
- Crippled Chicken (optional)

Slice fruit, veggies, onions, and eggs. Crip chicken and mix it all together, and you have a delicious Salad.





COMMON GROUND

Common
Ground
PRODUCER AND GROWERS

BRAGG'S
ORGANIC
APPLE CIDER
VINEGAR

Easy Candied Pecans



Ingredients

- 1/2 cup brown sugar
- 1/2 cup pecans
- 1/2 cup oil
- 1/2 cup butter
- 1/2 cup vanilla
- 1/2 cup maple
- 1/2 cup salt
- 1/2 cup brown sugar
- 1/2 cup maple
- 1/2 cup salt
- 1/2 cup brown sugar
- 1/2 cup maple
- 1/2 cup salt

Directions

Line a baking sheet with parchment paper or a silicone baking mat.
Add brown sugar, cinnamon, salt, cayenne, vanilla, eggs, and the orange
and lemon juice to a medium bowl. Place the solid egg yolks and
orange juice in the bowl with the brown sugar, maple, and salt and
mix well.

Put in the pecans in the brown sugar sauce and then Cook, stirring
the entire time, until the pecans look coated and smell nice. Do it on low
for the most time in the pan. The sauce will thicken and the pecans
will be sticky. When ready to eat, the salt will be the best for you.







I wear **Yellow**
for someone who
means the
World
to me!

SURVIVOR
I BELIEVE
I ADVOCATE
COURAGE
STRENGTH
I BELIEVE
COURAGE

THE RIDGE
REWAY

THANK YOU
LEFT BOX

