



DECEMBER 2023

MONTH-LONG EVENTS

Handwashing Awareness Month

National Cat Lovers Month

National Fruitcake Month

[National Pear Month](#)

National Root Vegetable

& Exotic Fruits Month

National Eggnog Month

[Worldwide Food Service Safety Month](#)

Universal Human Rights Month

WEEK-LONG/MULTI-DAY EVENTS

National Handwashing Awareness
Week | Dec. 3-9

[Inclusive Schools Week](#) | Dec. 5-9

Hanukkah | Dec. 7-15

Saturnalia | Dec. 17-23

Kwanzaa | Dec. 26-Jan. 1

SINGLE-DAY EVENTS

National Christmas Lights Day | Dec. 1

[World AIDS Day](#) | Dec. 1

[National Cookie Day](#) | Dec. 4

International Ninja Day | Dec. 5

[International Volunteer Day](#) | Dec. 5

National Comfort Food Day | Dec. 5

[National Letter-Writing Day](#) | Dec. 7

National Brownie Day | Dec. 8

Gingerbread House Day | Dec. 12

National Cocoa Day | Dec. 13

National Cupcake Day | Dec. 15

Go Caroling Day | Dec. 20

[National Crossword Puzzle Day](#) | Dec. 21

Yule/Winter Solstice | Dec. 21

National Cookie Exchange Day | Dec. 22

Christmas | Dec. 25

Boxing Day | Dec. 26

NOTABLE BIRTHDAYS + ANNIVERSARIES

Pearl Harbor Bombing | Dec. 7, 1941

[Emily Dickinson](#) | Dec. 10

U.S. National Guard Birthday | Dec. 13

Bill of Rights ratification
| Dec. 15, 1791

Jane Austen | Dec. 16, 1775

Ludwig van Beethoven | Dec. 16, 1770

The Mayflower landing | Dec. 21, 1620

Jane Fonda | Dec. 21

[Clara Barton](#) | Dec. 25

Click on highlighted events or names to learn more and get celebration or recipe ideas!



Sponsored by
Conagra Foodservice

December is National Pear Month!

Pear & Pepper Quesadilla

Serves 33 (1 quesadilla & 1/4 cup pear salsa)

Per Serving 386 cal., 19.8 g pro., 14.9 g fat, 46.4 g carb., 501.8 mg sod.

Meal Pattern 2-oz.-eq. meat/meat alternate, 1.5-oz.-eq. grains, 3/8 cup fruit

Ingredients

- 33 tortillas, whole-grain, 8-in.
- 106 oz. pears, canned, diced, extra light syrup, drained*
- 1 lb., 2 oz. red bell pepper, diced
- 1 oz. green onions, fresh, sliced
- 1 cup cilantro, fresh, chopped
- 1 Tbsp. chipotle peppers in adobe sauce
- 3 lbs. turkey ham, fully cooked, diced, chilled or frozen
- 1 lb. 1 oz. cheddar cheese, reduced-fat, shredded
- 1 lb. mozzarella cheese, shredded

Directions

1. Preheat oven to 350°F.
2. Drain pears and place in a large mixing bowl. Note: It's best to drain pears overnight to remove maximum amount of liquid.
3. Dice bell peppers into ½-in. pieces and finely chop green onions, cilantro and chipotle peppers. Add to mixing bowl.
4. Add diced turkey ham to mixing bowl. Mix to combine, and then set aside.
5. In a separate bowl, combine the shredded cheddar and mozzarella cheeses. CCP: Hold at 41° F or lower.
6. Spray full-size sheet pan(s) with pan-release spray. Lay tortillas onto prepared pan.
7. Using a #8 scoop, place ½ cup of the pear mixture on one half of each tortilla. Using a 2-oz. spoodle, top with 1 oz. shredded cheese blend. Fold in half. Spray the top of the quesadillas with pan-release spray.
8. Bake at 350°F for 10 to 12 minutes or until tortillas are toasted and cheese is melted. Optional: place a sheet pan on top of quesadillas for improved browning. CCP: Hold and serve at 135° F or above.



Recipe, Photo and Nutrition and Meal Pattern Analyses

Pacific Northwest Canned Pears,
www.eatcannedpears.com

*Notes

Pacific Northwest #10 can diced, extra light syrup pears can be used in this recipe.