



NOVEMBER 2023

MONTH-LONG EVENTS

Military Family Appreciation Month

National Adoption Month

National Diabetes Month

National Gratitude Month

[National Native American Heritage Month](#)

[National Peanut Butter Lovers Month](#)

National Pepper Month

National Roasting Month

WEEK-LONG/MULTI-DAY EVENTS

Dia de los Muertos | Nov. 1-2

[Children's Book Week](#) | Nov. 6-12

[Hunger & Homeless Awareness Week](#)
| Nov. 11-18

World Kindness Week | Nov. 13-19

American Education Week | Nov. 13-17

[National Recycling Week](#) | Nov. 13-19

SINGLE-DAY EVENTS

All Saints' Day | Nov. 1

National Cinnamon Day | Nov. 1

[World Vegan Day](#) | Nov. 1

National Sandwich Day | Nov. 3

Daylight Saving Time ends | Nov. 5

Election Day | Nov. 7

STEM/STEAM Day | Nov. 8

Veterans Day | Nov. 11

Diwali | Nov. 12

[World Kindness Day](#) | Nov. 13

[National Pickle Day](#) | Nov. 14

World Diabetes Day | Nov. 14

[Great American Smokeout](#) | Nov. 16

[International Men's Day](#) | Nov. 19

Eat a Cranberry Day | Nov. 23

Thanksgiving | Nov. 23

#GivingTuesday | Nov. 28

NOTABLE BIRTHDAYS + ANNIVERSARIES

Marie Curie | Nov. 7

Carl Sagan | Nov. 9

U.S. Marine Corps' Birthday | Nov. 10

Mickey Mouse | Nov. 18

President Joe Biden | Nov. 20

Tina Turner | Nov. 26

Louisa May Alcott | Nov. 29

Mark Twain | Nov. 30

[Shirley Chisholm](#) | Nov. 30

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



Sponsored by
Conagra Foodservice

November 23 is Eat a Cranberry Day!

Cranberry Salsa Chicken Wrap

Serves 48 (1 wrap)

Per Serving 321 cal., 20.7 g pro., 2.4 g fat, 31.3 g carb., 498.7 mg sod.

Meal Pattern 2-oz.-eq. meat/meat alternate, 1.5-oz.-eq. grains, 1/8 cup dark green vegetables, 1/8 cup fruit

Wrap Ingredients

1 Tbsp. vegetable oil
3 cups sweet onions, minced
3 cups dried sweetened cranberries
2 cups canned pears in juice, drained, diced
2 cups reserved canned pear juice
1/2 cup vinegar, cider
1/4 tsp. ground red pepper
1 cup cilantro, fresh, minced
48 whole-grain wraps, 8-in.
3 cups mayonnaise, low-fat
1 1/2 lb. romaine lettuce, shredded
6 lbs. chicken, cooked, sliced/shredded
1 1/2 qts. cranberry salsa

Cranberry Salsa Ingredients

6 oz. frozen orange juice concentrate
1 cup fresh or frozen cranberries, chopped
1 red bell pepper, chopped
1 green bell pepper, chopped
1 chili pepper, chopped
1/2 red onion, chopped
1 garlic clove, minced
1/2 tsp. parsley
1/2 tsp. ground cumin
1/8 tsp. black pepper
zest of a small orange



Directions

1. In a large mixing bowl, combine all Cranberry Salsa ingredients and mix well. Store in the refrigerator until all ingredients are chilled and flavors are well combined.
2. In a sauce pan, heat oil over medium-high heat; add onions and sauté for 2 minutes, making sure not to brown. Stir in cranberries, pears, pear juice, vinegar, and red pepper and bring to a boil; reduce heat and simmer 20 minutes or until glazed.
3. Remove from heat and stir in cilantro. Bring to room temperature. Cover and refrigerate until ready to serve.
4. For each sandwich, lay out wrap on clean, flat, dry surface. Spread each wrap with 1 Tbsp. mayonnaise. Top with 1/4 cup lettuce, 2 oz. chilled chicken meat and 2 Tbsp. Cranberry Salsa. Fold up and secure. Cut in half and seal. Keep chilled until ready to serve.

Recipe, Photo and Nutritional and Meal Pattern Analyses

Cranberry Marketing Committee, www.uscranberries.com



Sponsored by
Conagra Foodservice