

# SEASON'S SAVORS

A COLLECTION OF NCRGEA MEMBER RECIPES





**Season's Greetings from the Staff and Board of NCRGEA!**

A few years back, members of our Community Advisory Board (CAB) suggested creating a holiday cookbook. They saw it as a way to share recipes and reflect on their holiday memories of friends and family members. With that, we welcome you to a journey through flavors, aromas, and cherished memories with our 2024 NCRGEA Member Holiday Cookbook!

The act of sharing food is a universal language of caring and generosity. It's more than just nourishment—it's about creating connections, building relationships, and making new memories. We hope you will attempt a few of these recipes and find a way to connect with others.

This year has been exceptionally trying for many residents of Western North Carolina, including many NCRGEA members, due to Hurricane Helene's destruction. This holiday season, let's continue to consider ways we can support them through their recovery efforts. The NCRGEA board, staff, and our benefits partner AMBA have chosen to make a gift through the Civic Foundation Hurricane Relief fund in coordination with NCARCOG, and we invite you to do the same if so moved.

Wishing you a happy and healthy holiday season.

Tim O'Connell  
NCRGEA Executive Director



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The Sweet

# CHERRY UPSIDE-DOWN CAKE

**SUBMITTED BY:** CRISSTY MARTIN

## **CAKE INGREDIENTS:**

1 cup butter  
2 cups sugar  
2 eggs  
2 cups flour  
2 tsp. baking powder  
½ tsp. salt  
¾ cup milk  
½ tsp. vanilla extract  
½ tsp. almond extract  
2 cans sour pitted cherries

## **SAUCE INGREDIENTS:**

Juice of canned cherries  
1 cup sugar  
2 tbsp. cornstarch  
½ tsp. vanilla flavoring  
½ tsp. almond flavoring

## **METHOD:**

1. Preheat oven to 350°F.
2. Melt butter and spread in the bottoms of two 9-inch round cake pans.
3. Divide sugar between the pans, and add to melted butter to dissolve.
4. Drain cherry juice; set aside. Place the drained cherries evenly on top of the melted butter and sugar mixture in the two cake pans.
5. Cream together butter and sugar. Add two well-beaten eggs and mix.
6. Sift together flour, baking powder, and salt. Add dry mixture to the butter, sugar, and eggs alternately with milk. Stir in vanilla and almond extracts.
7. Divide and pour batter over cherries in the the cake pans. Bake for 35 minutes.
8. Once cakes have cooled for 15 minutes, flip them over onto serving plates with cherries on top. Pour sauce over the top.

## **TO MAKE SAUCE:**

Add cornstarch to the reserved cherry juice and stir until dissolved. Whisk in sugar along with vanilla and almond extracts. Cook over low heat until clear and thickened.

# CHOCOLATE CHIP COOKIE LOG

**SUBMITTED BY:** THOMAS BROWN

## **INGREDIENTS:**

3 cups all-purpose flour  
2 tsp. baking powder  
½ tsp. salt  
½ cup butter, softened  
1 cup sugar  
2 large eggs, room temperature  
1 tsp. vanilla extract  
1 cup mini semisweet chocolate chips or 6 oz. semisweet chocolate, finely chopped

## **METHOD:**

1. Preheat oven to 350°F and grease cookie sheet.
2. Combine flour, baking powder, and salt in a medium bowl.
3. Beat butter and sugar mixture in a mixer bowl until fluffy. Add the eggs one at a time to the butter mixture, beating well. Add vanilla, then beat in the dry ingredients until combined. Stir in the chocolate chips.
4. With floured hands, shape the dough into (2) 12-inch logs on the greased cookie sheet. Arrange 4 inches apart.
5. Bake 25-30 minutes, until a toothpick inserted into the center comes out clean. Let cool on a wire rack for 20 minutes.
6. With a serrated knife, slice the logs into ½-inch thick pieces. Place them cut-side down on the baking sheet. Bake 8 minutes. Turn the cookies over and bake 8 more minutes or until just golden. Cool on a wire rack.



# FRUIT CAKE COOKIES

**SUBMITTED BY:** JANICE BOWEN

## **INGREDIENTS:**

2 sticks butter  
½ lb. dark brown sugar  
2¼ cups self-rising flour  
1½ tsp. vanilla extract  
1½ tsp. baking soda  
1½ tsp. milk  
2 small eggs  
½ pint pineapple preserves  
(apricot also works well)  
6 slices candied pineapple  
1 lb. candied cherries  
(red and/or green)  
1-1½ qts. chopped pecans

## **METHOD:**

- 1.** Preheat oven to 350°F.
- 2.** Cut cherries and pineapple into small pieces and dredge in ¼ cup flour.
- 3.** Cream butter and sugar, and add remaining two cups flour, baking soda, eggs, milk, and vanilla.
- 4.** Mix in preserves, fruit, and pecans.
- 5.** Drop spoonfuls on a cookie sheet and bake for 15 minutes.

# TING-A-LINGS

**SUBMITTED BY:** TERI STANLEY

*"Fun little cookies that everyone can help make. Make extras and share with friends and neighbors. We have made these for years."*

## **INGREDIENTS:**

1 package (6 oz.) chocolate chips

½ cup salted peanuts

1 can (3 oz.) chow mein noodles

*Optional: Substitute 1 cup marshmallows for peanuts.*

## **METHOD:**

1. Melt chocolate over hot (not boiling) water, or melt in microwave using short times until melted. Stir carefully.
2. Mix peanuts and chow mein noodles.
3. Pour melted chocolate over mixture of peanuts and chow mein noodles, and toss gently with fork until thoroughly blended.
4. Drop from teaspoon onto waxed paper. Chill to harden. Makes about 20.



# SUMMERTIME CAKE

**SUBMITTED BY:** JONELL MCNEILLY

## **INGREDIENTS:**

1 box German chocolate cake mix

3 eggs

1 cup water

½ cup vegetable oil

1 can sweetened condensed milk

1 jar caramel ice cream sauce

Whipped topping

## **METHOD:**

1. Bake cake mix according to box instructions and let cool completely.
2. Poke holes in cake with end of wooden spoon.
3. Pour sweetened condensed milk and caramel sauce over the cooled cake and refrigerate until set. When ready to serve, top with whipped topping.



# PUMPKIN FUDGE

**SUBMITTED BY:** ANN CANNON

## **INGREDIENTS:**

3 cups sugar

$\frac{3}{4}$  cup butter

$\frac{2}{3}$  cup evaporated milk

$\frac{1}{2}$  cup canned pumpkin

2 tbsp. corn syrup

$1\frac{1}{2}$  tsp. pumpkin pie spice

$\frac{1}{4}$  tsp. cinnamon

11 oz. package white chocolate morsels

7 oz. jar marshmallow creme

$1\frac{1}{2}$  tsp. vanilla extract

$1\frac{1}{2}$  cups walnuts (optional)

## **METHOD:**

- 1.** Line a 13x9x2-inch pan with foil; set aside.
- 2.** In a Dutch oven, combine sugar, butter, milk, corn syrup, pumpkin pie spice, and cinnamon over medium-high heat.
- 3.** Bring mixture to a boil, stirring constantly until a candy thermometer registers 234°F.
- 4.** Remove from heat and stir in white chocolate morsels until melted. Stir in marshmallow creme and vanilla extract until smooth. Add walnuts.
- 5.** Quickly pour into prepared pan. Let cool for 2 hours. Cut into small squares to serve. Makes 3 pounds.



# WEDDING COOKIES

**SUBMITTED BY:** LILLIE COSTIN

## **INGREDIENTS:**

1 cup plus 2 tbsp. all-purpose flour

⅓ tsp. ground cinnamon

½ cup butter, softened

½ cup finely chopped pecans

¼ cup sifted powdered sugar

½ tsp. vanilla extract

## **METHOD:**

1. Preheat oven to 400°F.
2. Combine flour and cinnamon in a large bowl. Add butter, pecans, powdered sugar, and vanilla extract. Stir until well-mixed (mixture will be stiff).
3. Shape dough into 1-inch balls and place on ungreased cookie sheet.
4. Bake for 10-12 minutes. Remove and place on wire rack to cool slightly. Roll cookies in powdered sugar and cool completely on rack. Makes 2 dozen.



# GRANNY'S HUSBAND CAKE

**SUBMITTED BY:** MARILYN KLINGER

*"Folks can't believe Granny's has tomato soup in it!"*

## CAKE INGREDIENTS:

¾ cup Crisco  
½ tsp. cinnamon  
½ cup sugar  
1 tsp. ground cloves  
1 can tomato soup  
1½ tsp. nutmeg  
¾ cup water  
1½ cups raisins  
3 cups self-rising flour  
2 cups nuts, chopped

## ICING INGREDIENTS:

8 oz. cream cheese  
1 tsp. vanilla extract  
1 stick softened margarine  
1 box powdered sugar  
4 tbsp. milk

## METHOD:

1. Preheat oven to 350°F.
2. Add raisins and nuts to flour in a large bowl.
2. Cream together Crisco and sugar, then add soup, water, cinnamon, cloves, nutmeg, and flour mix.
3. Bake cake in greased and floured tube pan for 45 minutes. Cool on rack before icing.

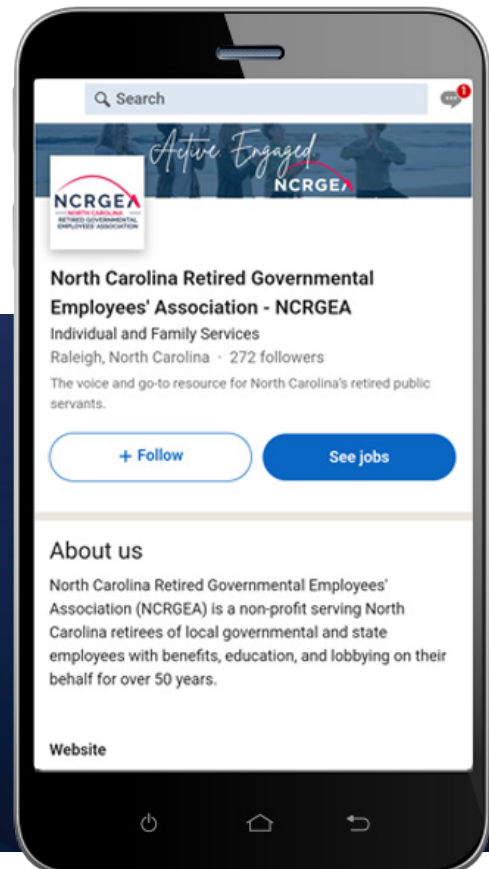
## TO MAKE ICING:

Mix together icing ingredients and spread on cooled cake.

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# CRUMB CAKE

**SUBMITTED BY:** LAURIE FEOLA

## **CAKE INGREDIENTS:**

1 box yellow cake mix  
1 box (3.25 oz.) vanilla instant pudding  
1 cup milk  
4 eggs  
1/3 cup sour cream  
1 tsp. vanilla extract

## **CRUMB TOPPING:**

4 cups flour  
2/3 cup packed brown sugar  
2/3 cup granulated sugar  
1 tbsp. cinnamon  
3 sticks butter  
1 tbsp. vanilla extract

## **METHOD:**

1. Preheat oven to 350°F.
2. Beat all base ingredients for approximately four minutes.
3. Spread batter into a greased and floured jellyroll pan and bake for 20 minutes or until done.

## **TO MAKE TOPPING:**

Melt butter; add vanilla extract and let cool. Combine flour, sugars, and cinnamon in a large bowl. Add liquid mixture and stir until blended. Crumble onto top of baked cake and bake an additional 20 minutes. Cool completely and sprinkle with confectioner's sugar.



# ADA B'S RUM CAKE

**SUBMITTED BY:** MARILYN KLINGER

## **CAKE INGREDIENTS:**

½ cup chopped nuts  
½ cup light rum  
1 pkg. butter recipe cake mix  
½ cup water  
1 pkg. vanilla instant pudding mix  
½ cup oil  
4 eggs

## **GLAZE INGREDIENTS:**

1 cup sugar  
¼ cup water  
1 stick margarine  
¼ cup rum

## **METHOD:**

1. Preheat oven to 350°F.
2. Grease and flour bundt pan, then crumble chopped nuts in bottom of pan.
2. Combine cake and pudding mixes. Add rum, water, oil, and eggs. Mix 2 minutes. Pour batter in pan.
3. Bake 50-60 minutes

## **TO MAKE GLAZE:**

Mix glaze ingredients and pour over hot cake when taken out of oven. Cool glazed cake in pan for 30 minutes. Don't be alarmed—hot glaze will make the cake fall a little but it will still be delicious!

# MINI CHEESECAKES

**SUBMITTED BY:** TERI STANLEY

## **INGREDIENTS:**

12 vanilla wafers  
½ cup sugar  
1 tsp. vanilla extract  
2 eggs  
2 8 oz. packages cream cheese,  
softened

**Teri's Tip:** Locate foil muffin/cupcake liners for festive look, as well as a cupcake/muffin pan.

## **METHOD:**

1. Preheat oven to 325°F. Line muffin tin/pan with foil liners, and place one vanilla wafer in each.
2. Mix cream cheese, vanilla, and sugar on medium speed until well blended. Add eggs. Mix well.
4. Pour mixture over wafers, filling  $\frac{3}{4}$  full.
5. Bake for 25 minutes. Remove from pan when cool. Chill. Top with fruit, preserves, nuts or shaved chocolate pieces. Be creative and then enjoy!

# BANANA PUDDING

**SUBMITTED BY:** MARILYN KLINGER

*"A quick and easy dessert. This pudding can be lower calorie with the right ingredients."*

## **INGREDIENTS:**

2 3-oz boxes vanilla pudding\*  
3 cups milk\*  
1 8 oz. container sour cream  
1 large container Cool Whip\*  
1 box vanilla wafers\*  
6 bananas, sliced

## **METHOD:**

1. Mix vanilla pudding with milk, let set until thick.
2. Mix sour cream and Cool Whip together and then combine with pudding.
3. Set bottom layer of 9x13 pan with vanilla wafers, then banana slices, then cover with pudding mixture. Repeat layers, finishing top with pudding mixture and Cool Whip.

**\*Marylin's Tip:** You can use sugar-free and fat-free ingredients to lower the calorie and/or fat count.



# ENGLISH TOFFEE

**SUBMITTED BY:** CYNTHIA MENGEL

## **INGREDIENTS:**

- 12 oz. bag chocolate chips
- 2 cups blanched almonds
- 2 cups butter
- 2 cups sugar
- 2 tbsp. white corn syrup
- 6 tbsp. water
- 1 pinch sea salt
- 2 tsp. vanilla extract

## **METHOD:**

1. Butter a large cookie sheet, set aside.
2. Melt butter in a large, heavy pot. Add sugar, almonds, corn syrup, salt, and water. Stir until sugar is dissolved.
3. Cook slowly until a small amount in cold water separates into hard, but not brittle, threads. If you are using a candy thermometer, cook to 290°F. Stir occasionally to keep from burning.
4. Take off heat, and stir in vanilla. Pour onto the buttered cookie sheet. (Watch the edges if your cookie sheet doesn't have a lip.)
5. After pouring, wait just a few minutes and sprinkle chips on top. When chips have melted, spread evenly and let sit to cool. Once cooled, crack into small pieces and enjoy! Store in a tightly sealed container.

# DUMP CAKE

**SUBMITTED BY:** MARILYN KLINGER

## **CAKE INGREDIENTS:**

1 20 oz. can crushed pineapple  
1 20 oz. can cherry or blueberry pie filling  
1 box yellow cake mix  
1 stick margarine or butter  
1 cup nuts, optional

## **ICING INGREDIENTS:**

8 oz. cream cheese  
1 tsp. vanilla extract  
1 stick softened margarine  
1 box powdered sugar  
4 tbsp. milk

## **METHOD:**

1. Preheat oven to 350°F. Spray 9x13 pan with non-stick spray.
2. Empty can of pineapple with juice into pan.
3. Empty can of pie filling into pan (do not mix, just layer).
4. Put dry cake mix evenly over top of pineapple/pie filling.
5. Place pats of margarine or butter on top of dry cake mix. Do not stir or mix! Sprinkle nuts on top if you wish.
6. Bake for 50 minutes. Enjoy warm or cold, but warm is best! Feel free to adjust flavor with apple or cherry pie filling.

# PECAN PIE

**SUBMITTED BY:** VIRGINIA GRIFFIN

## **INGREDIENTS:**

3 eggs  
 $\frac{3}{4}$  cup white sugar  
1 cup corn syrup  
2 tbsp. melted butter, cooled  
 $\frac{1}{2}$  tsp. vanilla extract  
 $\frac{1}{2}$  tsp. maple extract  
2 cups roasted and chopped pecans  
1 deep dish pie crust

## **METHOD:**

1. Preheat oven to 350°F.
2. Beat eggs and sugar by hand for 5 minutes. Mix in corn syrup, cooled butter, and both extracts.
3. Add roasted and chopped pecans into pie shell. Pour mixture over pecans.
4. Bake for 50 to 60 minutes, or until pie doesn't jiggle in the center with a gentle shake. Cool. Serves 8.



# MIMI BURLESON'S PERSIMMON PUDDING

**SUBMITTED BY:** JEANETTE BURLESON

## **INGREDIENTS:**

2 cups persimmon pulp  
2 cups self-rising flour  
1⅔ cups sugar  
2 cups whole milk  
4 eggs, room temperature  
1 stick butter  
1 slice white bread  
1 tsp. pure vanilla extract

## **METHOD:**

1. Preheat oven to 350°F. Use a 9x13 pan, or two 8x8 pans.
2. Break bread into pieces. Put bread in milk to soften, set aside.
3. In a deep bowl, mix flour, sugar, and persimmon pulp until no lumps. Add beaten eggs, milk, and bread mixture. Add vanilla to batter.
4. In baking pan(s), melt 1 stick butter to coat pan(s). Put remaining melted butter into pudding mixture. Pour batter into baking pan(s).
5. Bake 80-90 minutes or until middle has risen and browned around edges. Pudding darkens as it cools. Cut at room temperature and enjoy!

# BANANA BREAD

**SUBMITTED BY:** BEN HILTON

## **INGREDIENTS:**

½ cup margarine, softened  
1 cup sugar  
2 eggs  
1½ cups flour  
1 tsp. baking soda  
⅛ tsp. salt  
3 ripe bananas  
¼ cup nuts

## **METHOD:**

1. Preheat oven to 350°F. Grease 8-inch loaf pan. Mash banana with a fork and set aside.
2. Cream sugar and margarine, then add eggs and mix. Sift flour, baking soda, and salt, then add to wet mixture. Blend in bananas and nuts, then pour into pan.
3. Bake for 50-55 minutes.



# STRAWBERRY PRETZEL SALAD

**SUBMITTED BY:** LESLIE KING

## **INGREDIENTS:**

3 oz. Jell-O  
1 cup boiling water  
1¾ cups salted pretzels, crushed  
2 tbsp. granulated sugar  
4 tbsp. butter  
4 oz. cream cheese, softened  
¼ cup granulated sugar  
4 oz. Cool Whip, thawed  
½ lb. fresh strawberries, hulled and sliced.

## **METHOD:**

- 1.** Preheat oven to 350°F. Combine strawberry Jell-O with boiling water, stir, and set aside.
- 2.** In a sauce pan, melt butter and add 2 tbsp. sugar and crushed pretzels. Add pretzel mix to the bottom of a 9-inch round dish. Bake for 10 minutes, and remove to cool.
- 3.** Mix cream cheese and Cool Whip, then spread across pretzel crust. Make sure to cover the pretzels completely.
- 4.** After the Jell-O has come to room temperature, but not set, pour over cream cheese and whip base. Add sliced strawberries and refrigerate until set, approximately 3 hours.

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# CRANBERRY DELIGHT

**SUBMITTED BY:** SALLIE PRICE

*"My mother-in-law, Jane Price, gave me this wonderful recipe."*

## **INGREDIENTS:**

2 eggs, beaten  
1½ cups sugar  
1 cup flour  
1 stick melted butter  
2 cups raw cranberries  
1 cup chopped pecans

## **METHOD:**

1. Preheat oven to 325°F. Grease 10-inch pie plate or square casserole dish.
2. Spread 2 cups raw cranberries on bottom of dish. Add ½ cup sugar and 1 cup chopped pecans.
4. Mix together eggs, sugar, flour, and butter. Pour over cranberries, sugar, and pecan mix.
5. Bake 1 hour. Serve warm with ice cream or whipped cream.

# (ALMOST) FAMOUS AMOS COOKIES

**SUBMITTED BY:** REBECCA LAMPHEAR

## **INGREDIENTS:**

1 15 oz. box yellow cake mix  
2 3 oz. boxes instant butterscotch pudding  
1¼ cups mayonnaise  
1 cup broken pecans or walnuts  
1 cup well-chopped pecans or walnuts  
12 oz. package semisweet chocolate chips

## **METHOD:**

1. Preheat oven to 350°F.
2. Blend cake and pudding mixes. Add mayonnaise, and blend well. Add nuts and semisweet chocolate chips.
3. Roll dough into 1-inch balls and space 2 inches apart on ungreased cookie sheet.
4. Bake for 8 minutes. Let cool for 10 minutes.

**Rebecca's Tip:** Cookies should not brown at all since this is a type of shortbread dough that crumbles easily. The best way to judge cooking time is to taste one after cooling. It should be rich and dense, but not crumbly.



# WASSAIL TEA

**SUBMITTED BY:** DARLENE ALLISON

## **INGREDIENTS:**

- 1 qt. pineapple juice
- 1 qt. apple juice
- 6 oz. can frozen lemonade
- 6 oz. can frozen orange juice
- 1½ tbsp. whole cloves
- 1 tsp. ginger
- 3 cups strong tea (2 teabags)
- 5 cups hot water
- 1 cup sugar (more or less to taste)

## **METHOD:**

1. Heat ingredients until hot (do not boil). Serve hot.



# SWEET POTATO CASSEROLE

**SUBMITTED BY:** TIM O'CONNELL

## INGREDIENTS:

4 medium-large sweet potatoes  
(about 3 pounds)  
6 tbsp. brown sugar  
¼ cup orange juice  
1 tsp. orange zest (about one orange)  
¼ cup heavy cream or whole milk  
3½ tbsp. unsalted butter, melted  
1 tsp. vanilla extract  
½ tsp. salt

## TOPPING INGREDIENTS:

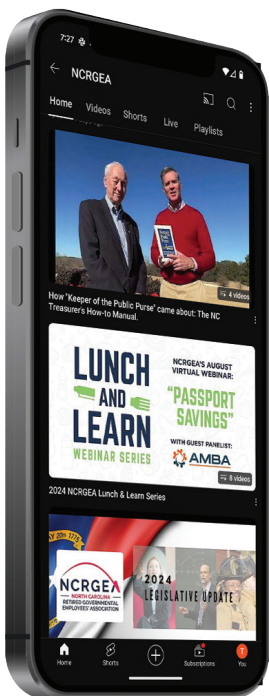
3 tbsp. unsalted butter,  
softened slightly  
½ cup dark brown sugar  
¾ cup chopped pecans  
Marshmallows (large or mini)

## METHOD:

1. Preheat oven to 375°F. Bake sweet potatoes until very tender, about 1 hour 20 minutes. Remove and let cool. Reduce oven heat to 350°F.
2. When potatoes are cool enough to handle, cut them in half, scoop out flesh, and mash until smooth. You should have about 4 cups. Using a hand mixer, mix in brown sugar, orange juice, orange zest, heavy cream, butter, vanilla, and salt. Place in a casserole dish.
3. Add topping and bake for 30 minutes. Serve hot.

## FOR THE TOPPING:

Combine the butter, brown sugar and pecans. Sprinkle over sweet potato mixture. Place marshmallows on top.



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# FUDGEMALLOW RAISIN CANDY

**SUBMITTED BY:** DIANE MOSS

## **INGREDIENTS:**

12 oz. semisweet chocolate chips  
1 cup chunky peanut butter  
3 cups miniature marshmallows  
 $\frac{3}{4}$  cup raisins

## **METHOD:**

1. Microwave chocolate and peanut butter on 50% power for 2-3 minutes or until melted, stirring each minute.
2. Fold in marshmallow and raisins. Pour into 8-inch square pan (foil-lined) and chill until firm.

# FUDGE PIE

**SUBMITTED BY:** CAROL CLARK

*"Delicious with peppermint ice cream!"*

## **INGREDIENTS:**

1 stick margarine, melted  
 $\frac{1}{4}$  cup cocoa  
 $\frac{1}{4}$  cup flour (plain)  
1 cup sugar  
1 pie shell

## **METHOD:**

1. Preheat oven to 350°F.
2. Mix all ingredients and pour into unbaked pie shell.
4. Bake for 25 minutes. Serve warm with whipped cream.

# GORP

**SUBMITTED BY:** MARYLIN KLINGER

*"An easy salty and sweet snack for kids to make!"*

## **INGREDIENTS:**

1 box seedless raisins  
1 large bag M&M candies, plain  
1 large jar dry roasted peanuts

## **METHOD:**

1. Mix all ingredients together and store in an airtight container.



# CRANBERRY SMASH MOCKTAIL

## INGREDIENTS:

¼ cup fresh cranberries  
(approximately 8)  
5 fresh mint leaves  
1 lime wedge (cut into 6 pieces)  
1 tsp. brown sugar  
5 oz. ginger ale  
Additional mint leaves for garnish  
(optional)

## METHOD:

1. Place cranberries, mint, lime, and sugar into a cocktail shaker. Using a muddling stick (or the back of a tablespoon), muddle the mixture until the cranberries are slightly crushed and the mint is bruised. Add ice and shake for approximately 10 seconds.
2. Place the mixture into a rocks glass with ice and add ginger ale.
3. Add fresh mint leaves as garnish, if desired.



The Savory

# CHEESE STRAWS

**SUBMITTED BY:** TERI STANLEY

*"A simple family recipe that all enjoy. Good for gift-giving and easy to prepare. The dough can be kept in refrigerator and baked later. Wrap them with a pretty bow, and you've got a present anyone will be glad to receive."*

## **INGREDIENTS:**

1 cup butter  
2<sup>2</sup>/<sub>3</sub> cups flour  
¼ teaspoon salt  
Dash of Tabasco  
2 cups shredded sharp cheddar cheese (Do shred your own for best taste)

## **METHOD:**

1. Preheat oven to 275°F and take out large baking sheet.
2. Grate cheese and sift flour. Mix all ingredients together. Roll thin and cut into narrow strips.
3. Bake until light brown. Keep an eye on them because it doesn't take too long! Makes about 4 dozen.

# GRANDMA P'S RIBS

**SUBMITTED BY:** JULIE LOWERY

## **INGREDIENTS:**

1-2 lbs. country-style pork ribs  
1 cup ketchup  
1 cup water  
2 tbsp. Worcestershire sauce  
1 tbsp. mustard (any type)  
¼ cup vinegar  
2 tbsp. brown sugar  
½ tsp. salt, optional  
Pepper to taste  
1 tsp. paprika  
1 tsp. chili powder  
1 medium sweet onion, chopped  
1-2 stalks of celery, diced

## **METHOD:**

1. Preheat oven to 300°F.
2. Excluding ribs, mix all ingredients together in a large bowl.
3. Place the ribs in a deep baking dish or Dutch oven. Pour the sauce and veggie mixture over the ribs to cover.
4. Cover the ribs and bake for 1 hour. Uncover the ribs and bake for an additional 3-4 hours. Turn the ribs often as they cook. Serve the ribs with sauce on the side and enjoy!

# TURKEY PIE

**SUBMITTED BY:** GEORGE PREISS

*"Since I retired almost 2 years ago, I've done most of the cooking, as my wife still works. Until then, however, my wife did ALL the cooking... though during the holidays I've been in charge of deep frying a turkey while she handles the rest of it. I always do a 20-pound bird, and since we're not entertaining many people, we invariably end up with a lot of leftovers. My wife uses them in her recipe for turkey pie."*

## **INGREDIENTS:**

5 cups shredded turkey  
1 stick melted butter  
1 cup buttermilk  
2 cups chicken broth  
1 can cream of chicken soup  
1 cup self-rising flour  
½ tsp. pepper

## **METHOD:**

1. Preheat oven to 425°F.
2. Spread the turkey bits across bottom of a casserole dish (2 quart).
3. Heat the soup and broth in a saucepan until boiling, then pour over the turkey.
4. Mix the flour and pepper in a medium bowl before stirring in the melted butter and buttermilk. Pour these ingredients evenly over the turkey casserole.
5. Bake at 425 until the top forms a crust, around 45 minutes. Enjoy!

# BROWN RICE

**SUBMITTED BY:** MARTIN LANGSTON

## **INGREDIENTS:**

1 cup rice  
1 can beef consommé  
10.5 oz. beef broth  
¾ stick unsalted butter  
½ yellow onion, chopped

## **METHOD:**

1. Preheat oven to 375°F.
2. Sauté chopped onion in butter (reserve a few pats of butter).
4. In a baking dish, add uncooked rice, consommé, broth, onions, and stir. Top mixture with a few pats of butter.
5. Bake for 45 minutes.



# GRANDMA P'S PORK CHOPS

**SUBMITTED BY:** JULIE LOWERY

## **INGREDIENTS:**

4-6 pork chops

Olive oil

1 can cream of chicken soup

2-3 tbsp. Worcestershire sauce,  
can add more to taste

1 medium sweet onion, chopped

3 tbsp. ketchup, can add more  
to taste

Pepper

## **METHOD:**

- 1.** Preheat oven to 350°F.
- 2.** Sear chops in olive oil until lightly browned on each side.
- 3.** In a casserole dish, place pork chops and top with sliced onions so the chops are covered.
- 4.** Mix together the soup, worcestershire sauce and catsup, add pepper to taste if using. Pour sauce over chops and onions.
- 5.** Bake for 1 hour or until the sauce is nice and bubbly. Remove from oven and spear one of the chops to make sure meat is thoroughly cooked.



# ROASTED BRUSSELS SPROUTS WITH GOAT CHEESE AND POMEGRANATE

*"The recipe is easily doubled if you are entertaining a crowd: Just be sure to spread the sprouts out (use 2 pans if necessary) so they roast instead of steaming."*

## INGREDIENTS:

1 lb. brussels sprouts,  
trimmed and halved  
1 large shallot, sliced  
1 tbsp. extra-virgin olive oil  
¼ tsp. salt  
¼ tsp. ground pepper  
2-3 tsp. white balsamic vinegar  
⅓ cup crumbled goat cheese  
¼ cup pomegranate seeds

## METHOD:

1. Preheat oven to 400°F.
2. Toss brussels sprouts with shallot, oil, salt, and pepper in a medium bowl. Spread on a large rimmed baking sheet.
3. Roast the brussels sprouts until tender, 20 to 22 minutes. Return to the bowl and toss with vinegar to taste. Sprinkle with goat cheese and pomegranate seeds.

# EGGPLANT CASSEROLE

**SUBMITTED BY:** JANET DIXON

## INGREDIENTS:

- 1 small eggplant, peeled, cut into 1-inch cubes
- 1 lb. bulk sausage
- 1 small onion, chopped
- 1 egg, well-beaten
- 1 cup dry breadcrumbs
- 1 tbsp. margarine, melted
- ¼ cup cracker crumbs

## METHOD:

1. Preheat oven to 350°F.
2. Cook peeled and cubed eggplant in a small amount of boiling water for 10 minutes. Drain. Let cool.
3. Cook sausage and onion until browned and tender.
4. Combine eggplant, sausage mixture, egg, and breadcrumbs. Mix well. Spoon into a greased 1 qt. dish.
5. Combine butter and cracker crumbs and sprinkle over casserole. Bake for 25 minutes.

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# VEGETARIAN STUFFING

*"Stuffing can be challenging for those who need a vegetarian or gluten-free alternative or who want to avoid high-calorie processed foods. That's where AMBA's healthy vegetarian stuffing comes in."*

## INGREDIENTS:

4 cups vegetable stock  
2 cups quinoa  
2 small zucchinis, cut into 1-inch cubes  
1 butternut squash – peeled, seeded, and diced  
1 bunch green onions, chopped  
1 cup diced dried apricots  
1 cup dried cranberries  
1 cup chopped fresh parsley  
1 lime  
¼ cup olive oil

## METHOD:

1. In a saucepan, bring vegetable stock to a boil. Reduce heat to low.
2. Add in the quinoa and stir.
3. Cover the pan and simmer for 10 to 15 minutes or until the quinoa absorbs the liquid. Remove from heat.
4. Heat olive oil in a large skillet over medium heat.
5. Cook and stir in the zucchini and butternut squash in the hot oil until slightly browned, approximately 10 minutes.
6. Stir quinoa into the vegetables and gently mix green onions, apricots, cranberries, and parsley into the stuffing.
7. Drizzle with lime juice. Enjoy!







# HEALTHY GREEN BEANS

**SUBMITTED BY:** JULIE LOWERY

*"I concocted this bean recipe on my own because my husband and I are very health conscious and try to avoid sugar or foods high in sugar."*

## **INGREDIENTS:**

1-2 lbs. fresh green beans,  
rinsed and trimmed

3 tbsp. balsamic vinegar

Fresh ground pepper

Sweet onions to taste,  
sliced or diced

3 tbsp. olive oil

Slivered almonds, optional

## **METHOD:**

- 1.** Parboil green beans just long enough to tenderize. Beans should still be a nice green color and not mushy. Drain.
- 2.** Heat olive oil in a skillet and add onions. Cook until translucent.
- 3.** Add the beans and balsamic vinegar and gently heat.
- 4.** Stir the beans and onions gently in the vinegar liquid until the beans are warm.
- 5.** Add pepper to taste and the slivered almonds, if using. Enjoy!