

TABLE TRADITIONS

A COLLECTION OF RECIPES FROM THE RGEA COMMUNITY

RGEA



As we enter this season of gratitude and celebration, RGEA extends our heartfelt thanks to each of our members for your years of service to North Carolina. Whether you've attended a webinar, shared your perspective, or contributed a recipe to our cookbook, your support and involvement help strengthen this community in meaningful ways.

We're also grateful to our partners and sponsors, whose support makes our work possible. Because of you, RGEA can continue delivering resources, programs, and advocacy for retirees.

From all of us at RGEA, we wish you a warm and joyful Thanksgiving and a peaceful, happy holiday season. Thank you for all you've done—and continue to do—for one another and for our association.

With warmest wishes,
RGEA



RECIPES



6



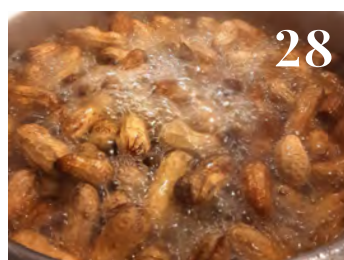
9



41



12



28

THE SWEET

- 5 PUMPKIN FUDGE
- 6 HOMEMADE BROWNIES
- 7 BANANA PUDDING
- 8 BANANA BREAD
- 9 3-LAYER HOLIDAY SALAD
- 10 COCONUT PINEAPPLE CAKE
- 12 STRAWBERRY-CHOCOLATE GREEK YOGURT BARK
- 14 HO HO HO! GLUTEN-FREE SANDWICH COOKIES
- 17 PAM'S APPLE PIE
- 18 ENGLISH TOFFEE
- 19 CRANBERRY BREAD
- 20 GRANDMA PEGGY'S SOUR CREAM COOKIES
- 23 ONE-BOWL CHOCOLATE CAKE

THE SAVORY

- 25 PORK TENDERLOIN WITH MUSTARD GLAZE
- 26 BEEF CHEESEBALL
- 27 TURKEY PIE
- 28 CHUCK'S SOUTHERN STYLE BOILED PERFECT PEANUTS
- 30 HOLIDAY HARD TACKS
- 32 HEALTHY GREEN BEANS
- 33 VEGETARIAN QUINOA STUFFING
- 34 JACKSON'S SMOKED BBQ
- 39 VIDALIA ONION PIE
- 40 PAN FRIED MAPLE PECAN BRUSSELS SPROUTS
- 41 CAPRESE CHRISTMAS WREATH

A special thank you to all who contributed. *Enjoy!*

Three Sweet





PUMPKIN FUDGE

SUBMITTED BY: ANN CANNON

INGREDIENTS:

3 cups sugar
¾ cup butter
⅔ cup evaporated milk
½ cup canned pumpkin
2 tbsp. corn syrup
1½ tsp. pumpkin pie spice
¼ tsp. cinnamon
11 oz. package white chocolate morsels
7 oz. jar marshmallow creme
1½ tsp. vanilla extract
1½ 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.



HOMEMADE BROWNIES

SUBMITTED BY: DORIS CARVER

INGREDIENTS:

1½ cups of granulated sugar
¾ cup of all-purpose flour (can substitute Bob's Red Mill 1-to-1 gluten-free baking flour)
⅔ cup of cocoa powder (sift if lumpy)
½ cup of powdered sugar (sift if lumpy)
½ cup dark chocolate chips (can substitute dairy-free chocolate chips)
¾ tsp. sea salt
2 large eggs (or egg substitute)
½ cup canola oil or extra virgin olive oil
2 tbsp. water
½ tsp. vanilla

Doris' Tip: This recipe can easily become dairy-free and gluten-free with substitutions as noted above.

METHOD:

1. Preheat oven to 325°F.
2. Lightly spray dish with cooking spray and line with parchment paper.
3. In medium bowl, mix sugar, flour, cocoa, powdered sugar, chocolate chips and salt.
4. In large bowl, whisk together eggs, oil, water and vanilla.
5. Sprinkle dry mix over wet mixture and stir until just combined.
6. Pour batter into the prepared pan and use a spatula to smooth the thick mixture. Bake for 40-45 minutes, or until toothpick comes out with only a few crumbs attached.
7. Cool (if you can wait!) and enjoy. Store at room temperature for up to 3 days in an airtight container or refrigerate. You may also freeze the brownies.



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

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

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 (or similarly sized dish) with vanilla wafers, then banana slices, then cover with pudding mixture. Repeat layers, finishing top with pudding mixture and Cool Whip.



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.



*"This delicious salad
in holiday colors
complements the
traditional dishes."*

3-LAYER HOLIDAY SALAD

SUBMITTED BY: RUBY "RENIE" STEWART

INGREDIENTS:

1ST LAYER:

2 small packages of lime gelatin
2 cups hot water
 $\frac{2}{3}$ cup pineapple juice
(from drained pineapple)
2 cups drained pineapple tidbits or
crushed pineapple

2ND LAYER:

3 tsp. unflavored gelatin (1 pack)
4 tbsp. cold water
2 large (8-ounce) cream cheese,
softened
 $\frac{1}{2}$ cup milk

3RD LAYER:

2 small packages of cherry gelatin
2 cups hot water
1 can of cranberry sauce

METHOD:

1. Combine lime gelatin and water; chill until syrupy. Fold in pineapple and pour into mold (I use a large glass Pyrex dish.) Put in refrigerator until set.
2. Combine unflavored gelatin and water; heat until clear. Blend cheese, milk and gelatin mix. Pour over first layer and chill.
3. Combine cherry gelatin and water; whisk in cranberry sauce. Chill. When this is syrupy, pour it over the cheese layer. Refrigerate until meal-time.

COCONUT PINEAPPLE CAKE

SUBMITTED BY: RGEA OUTREACH DIRECTOR JOSEPHINE LANIER

CAKE INGREDIENTS:

1 box yellow cake mix
(I always use Duncan Hines)
3 eggs
½ cup cream of coconut (if you use
no-sugar-added version, add ¼ cup of
Splenda or other sugar substitute)
½ cup oil
½ cup pineapple juice
7-8 oz. bag of coconut

TOPPING INGREDIENTS:

1 can crushed pineapple
1 box of instant vanilla pudding
1 pint heavy cream
1½ tsp. vanilla extract
3 tbsp. sugar

Josephine's Tip: You should get more than ½ cup of coconut from the bag. You use almost the full bag so you should wind up with more for garnish.

METHOD:

1. Spray a cookie sheet with non-stick cooking oil, then spread a single layer of coconut and brown in oven. Should give you around ½ cup of toasted coconut. Set aside to sprinkle on top.
2. Mix all other cake ingredients.
3. Spray three 8-inch round cake pans with non-stick cooking oil. Fill each pan with the mixture.
4. Bake for 20 minutes at 350°F. Check cakes at 15 minutes since all ovens are different.
5. Set cake layers aside to cool and make topping.

FOR THE TOPPING:

1. Combine heavy cream, vanilla extract and sugar. Whip or beat for a few minutes until it creates whipped cream. Can substitute with 12 oz. Cool Whip.
2. Drain and squeeze can of crushed pineapple, saving juice to make soak for the cake.
3. Combine whipped cream, pineapple and vanilla pudding, let chill.
4. To make soak, put pineapple juice in a small sauce pan and mix in ¼ cup of sugar or Splenda. Cook down over the heat for 10 minutes or until it reduces a bit. You can add ¼ to ½ cup of fruit rum if you like.
5. When cakes are cooked and cooled, brush the soak over each layer, then add topping mix. Sprinkle toasted coconut on top layer. Enjoy!

FUN FACT:

Josephine is a chef for Brown Bag Ministries, an organization feeding our neighbors in need for over 20 years.



Humana.

STRAWBERRY-CHOCOLATE GREEK YOGURT BARK

"This colorful snack or healthy dessert is perfect for kids and adults alike."

INGREDIENTS:

3 cups whole-milk plain
Greek yogurt
¼ cup pure maple syrup
or honey
1 tsp. vanilla extract
1½ cups sliced strawberries
¼ cup mini chocolate chips

METHOD:

1. Line a rimmed baking sheet with parchment paper.
2. Stir yogurt, maple syrup (or honey) and vanilla in a medium bowl.
3. Spread on the prepared baking sheet into a 10-by-15-inch rectangle.
4. Scatter the strawberries on top and sprinkle with chocolate chips.
5. Freeze until very firm, at least 3 hours. To serve, cut or break into 32 pieces.



COMING SOON.



RGEA is joining Instagram!

Follow along soon for news, events, and moments that celebrate our members and community.

HO HO HO! GLUTEN-FREE SANDWICH COOKIES

"These healthy Sandwich Cookies will satisfy your sweet tooth. This recipe is sugar-free, gluten-free, dairy-free, and vegan!"

WAFER INGREDIENTS:

1½ cup of oat flour
½ cup granulated erythritol
½ cup unsweetened Dutch processed cocoa powder
1 tsp. double-acting baking powder
½ tsp. salt
½ cup coconut oil (melted)
¼ cup unsweetened vanilla almond milk
4 tsp. vanilla extract
1 tsp. liquid Stevia extract

FILLING INGREDIENTS:

1½ cups powdered erythritol
3 tbsp. water
1 tsp. vanilla paste almond milk
4 tsp. vanilla extract
1 tsp. liquid stevia extract

AMBA's Tip: Only frost and sandwich the cookies the day you serve them. While they last about a week in the fridge, the filling softens the cookies over time.

METHOD:

1. Preheat your oven to 350°F.
2. In a small bowl, whisk together the oat flour, erythritol, cocoa powder, baking powder, and salt.
3. In a stand mixer bowl with beater attachment, add the coconut oil, almond milk, vanilla extract, and stevia extract. Mix on low speed until completely mixed.
4. Dump the dry ingredients into the stand mixer and mix until completely mixed. Cover the bowl and refrigerate for 30 minutes.
5. Roll ⅓ of the dough in between two silicone baking sheets until ~⅛" thick. Use a 2" circle cookie cutter to punch circles into the dough. Peel away the dough surrounding the circle shapes, putting the dough back into the stand mixer bowl, and transfer the silicone sheet with the circles onto a cookie tray.
6. Bake for 12 minutes. Carefully transfer the silicone sheet onto your counter or a wire cooling rack to cool completely. Keep re-rolling the dough and baking until all the dough is used up.
7. In a large bowl, whisk together the erythritol, water, and vanilla paste, until you get a frosting-like texture.
8. Scoop the frosting onto half of the wafer cookies, then gently press the remaining wafer cookies on top to make sandwich cookies. Serve and enjoy!





FUN FACT:
Pam James and
Deryl Fulmer, RGEA
Community Liaison,
are neighbors and
walking partners!

PAM'S APPLE PIE

SUBMITTED BY: PAM JAMES

CRUST INGREDIENTS:

3 cups flour
1 tsp. salt
1¼ cup shortening
1 egg
1 tsp. vinegar
5 tbsp. water

FILLING INGREDIENTS:

About 4 lbs. (5 or 6) Cortland,
Granny Smith, Braeburn or other
baking apples.

¼ cup sugar
½ cup flour
1 tsp. cinnamon

RESERVE:

2 tbsp. butter
Sugar for sprinkling

PIE ASSEMBLY:

1. Carefully fold bottom crust into fourths and place in 9" pie pan.
2. Unfold and press any tears together. (Crust will be very soft.)
3. Fill with apple mixture and dot with about 2 tbsp. butter.
4. Slowly unpeel the top crust from the waxed paper onto the top of the apples.
5. Crimp top and bottom crusts together.
6. Sprinkle a bit of sugar on the top.
7. Bake at 425°F for 1 hour. Cover the edges if they begin to get to brown. Cool slightly before slicing.

CRUST METHOD:

1. Mix flour and salt and cut in shortening.
2. Stir in egg and vinegar.
3. Add water until dough comes together.
4. Use hands to divide the dough into 2 balls, one slightly larger than the other.
5. Generously flour 2 pieces of waxed paper.
6. Roll into 2 rounds for the top and bottom crusts.
7. Cut a few slits into the top crust for steam to escape.

FILLING METHOD:

1. Peel and core apples. Slice into sections and toss with flour sugar and cinnamon.



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.



"Since 1975, I have made this bread every Thanksgiving morning—it's great for breakfast or with afternoon tea!"

CRANBERRY BREAD

SUBMITTED BY: HEIDI KROWCHUCK

INGREDIENTS:

2 cups flour
½ tsp. salt
1½ tsp. baking powder
¾ cup sugar
½ tsp. baking soda
1 tsp. cinnamon
1 egg, beaten
2 tbsp. melted butter
½ cup orange juice
½ cup nuts, finely chopped
1½ cups fresh cranberries
1 tbsp. lemon or orange zest

METHOD:

1. Preheat oven to 350°F.
2. Lightly butter an 8-by-5-inch loaf pan.
3. Sift together dry ingredients in a large mixing bowl.
4. Stir in remaining ingredients.
5. Pour into buttered loaf pan, and bake for 50 to 60 minutes.

GRANDMA PEGGY'S SOUR CREAM COOKIES

SUBMITTED BY: RGEA EXECUTIVE DIRECTOR TIM O'CONNELL

INGREDIENTS:

½ cup butter
1½ cups sugar
2 eggs
1 cup sour cream
1 tsp. vanilla extract
2¾ all-purpose flour
½ tsp. baking soda
½ tsp. baking powder
½ tsp. salt

ICING INGREDIENTS:

½ cup butter, melted
2 cups powdered sugar
2 tsp. vanilla extract
1 Tbsp. hot water

METHOD:

1. In an electric mixer, cream butter and sugar. Add eggs and sour cream, mixing thoroughly. Add vanilla, mixing thoroughly.
2. Combine all dry ingredients together, then add to mixer bowl and mix until incorporated. Chill dough at least 1 hour.
3. Scoop dough by rounded tablespoon onto a parchment paper-lined cookie sheet.
4. Bake at 400°F for 11-13 minutes, until light brown on the bottom.
5. Cool completely before icing.

FOR THE ICING:

1. To make icing, heat butter in a saucepan until lightly browned, stirring constantly. Immediately remove from heat.
2. Transfer to a mixing bowl and add sugar, vanilla, and hot water.
3. Mix until smooth and shiny.
4. Spoon icing over cookies. Cool until icing has stiffened.





ONE-BOWL CHOCOLATE CAKE

"This easy-to-make chocolate cake is dark, moist, rich—and only dirties one bowl!"

INGREDIENTS:

¾ cup plus 2 tbsp. whole-wheat pastry flour
½ cup granulated sugar
⅓ cup unsweetened cocoa powder
1 tsp. baking powder
1 tsp. baking soda
¼ tsp. salt
½ cup nonfat buttermilk
½ cup packed light brown sugar
1 large egg, lightly beaten
2 tbsp. canola oil
1 tsp. vanilla extract
½ cup hot strong black coffee
Confectioners' sugar for dusting

METHOD:

1. Preheat oven to 350°F. Coat a 9-inch round cake pan with cooking spray. Line the pan with a circle of wax paper.
2. Whisk flour, granulated sugar, cocoa, baking powder, baking soda and salt in a large bowl. Add buttermilk, brown sugar, egg, oil and vanilla. Beat with an electric mixer on medium speed for 2 minutes. Add hot coffee and beat to blend. (The batter will be quite thin.) Pour the batter into the prepared pan.
3. Bake the cake until a skewer inserted in the center comes out clean, 30 to 35 minutes. Cool in the pan on a wire rack for 10 minutes; remove from the pan, peel off the wax paper and let cool completely. Dust the top with confectioners' sugar before slicing.

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The Savory





PORK TENDERLOIN WITH MUSTARD GLAZE

SUBMITTED BY: HEIDI KROWCHUCK

INGREDIENTS:

- 1½ lbs. pork tenderloin
- 3 tbsp. brown sugar
- 2 tbsp. grainy mustard
- 1 tsp. dried rosemary, crushed
- 1 tsp. dried thyme
- 2 tbsp. dry sherry

METHOD:

1. Dry the tenderloin with paper towels.
2. Mix the brown sugar, mustard, herbs and sherry in a bowl. Put the tenderloins in a sealable plastic bag and add the brown sugar mixture. Seal and marinate for up to 8 hours in the refrigerator.
3. Preheat oven to 350°F. Heat a 10- or 12-inch cast-iron skillet over medium heat until hot. Brush pan with oil. Reduce heat to medium-low.
4. Remove tenderloin from plastic bag (reserve marinade) and add to the pan. Brown it on all sides—this will take about 4 to 5 minutes.
5. Once browned on all sides, take pan off heat, pour reserved marinade over the tenderloin, and put in oven for about 20 minutes—internal temperature of the tenderloin should reach 145°F when done.



BEEF CHEESEBALL

SUBMITTED BY: VICKIE BOLLING

"This was a recipe passed on to me by a good friend and it's perfect for a Christmas appetizer because the dried beef is red, cream cheese is white and of course the green onions makes it look really Christmasy! Every time I make it folks are always asking for the recipe and one year I made at least eight of them for gifts in my office and everyone loved them!"

INGREDIENTS:

2 8 oz. packages of cream cheese
1 bunch green onions, chopped
1 Armour dried beef (large jar)
Dash of Worcestershire sauce
1 dash of Ac'cent seasoning

METHOD:

1. Let cream cheese warm to room temperature, chop and set aside two tablespoons of dried beef.
2. Combine ingredients, shape into ball, roll in the reserved 2 tablespoons dried beef.
3. Wrap in plastic wrap, refrigerate overnight and enjoy with buttery crackers!

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°F until the top forms a crust, around 45 minutes. Enjoy!



CHUCK'S SOUTHERN STYLE BOILED PERFECT PEANUTS

SUBMITTED BY: CHUCK OWENS

"Perfect peanuts for perfect autumn days, made even more perfect by the people we share them with."

A few years ago, I came up with this simple peanut blend. And every autumn just as the fields give up their fresh green peanuts, I make a batch or two, bag them, and tuck them into the freezer. A couple of minutes in the microwave, straight from frozen, and you've got yourself a steaming bowl of Southern comfort—warm, salty and ready to share.

These humble peanuts make thoughtful surprise gifts for neighbors and an easy, delicious way to spark new friendships. Believe it or not, our kids (grown now, but still my kids) will gather in the kitchen and snack on these while the Thanksgiving feast comes together. Laughter, love and the scent of peanuts fill the air — simple blessings, wrapped in gratitude.

Why hot boiled peanuts? Because they're the caviar of the South! May they remind us to give thanks: for God's goodness, for family near and far, for neighbors who make life richer and for new friends who make every season brighter.





INGREDIENTS:

3-4 lbs. raw green peanuts
(I prefer the large ones)

½ cup salt

1 tbsp. sugar

1 tbsp. Old Bay seasoning (or your
favorite crab boil blend)

Water that is nearly twice the depth of
the peanuts

METHOD:

1. Wash peanuts vigorously to remove all dirt.
2. Place peanuts into a large stock pot. Add water to nearly twice the depth of the peanuts. The peanuts will float to the top, but will sink once they are cooked, cooled and filled with the brine.
3. Add in all three seasonings; stir to dissolve.
4. Set burner on high and bring to a rolling, robust boil. Reduce heat to maintain a low continuous boil.
6. Boil for 3 to 4 hours stirring occasionally. Peanuts should begin to sink or sit lower in the water.
7. About 1 ½ to 2 hours into the cook, add in about 2 more cups of water to prevent liquid from boiling off. Don't add too much—it will dilute the flavors in your brine.
8. After cooking, remove from heat and allow peanuts and brine to cool completely.
9. Add about ¼ cup more of salt if you like a saltier flavor. Stir to dissolve. Bring to a boil and allow to cool again to adjust the internal brine.
10. These will keep in a refrigerator (<40°F) for 7-10 days. They can be bagged and frozen, or canned using a pressure cooker.

HOLIDAY HARD TACKS

SUBMITTED BY: CHUCK OWENS

"They may just be fried dough, but to us, Hard Tacks are the flavor of home."

INGREDIENTS:

4 cups self-rising flour

1½ cups whole milk

The Story Behind the Recipe

Click to read Chuck's heartwarming tale of family, tradition, and fried dough.

METHOD:

1. Place flour into a large mixing bowl.
2. Make a well in the center and slowly pour in a part of the milk, incorporating the mixture into a sticky dough. Continue to pour in the milk until all of the flour and milk are well blended into a sticky and workable dough ball. Add more milk or flour as necessary until you have a workable dough.
3. Knead the dough for about a minute on a floured surface.
4. Break the dough into smaller sections for rolling.
5. Ensure that the surface and the dough ball are well-floured, Roll it out till the layer is between $\frac{1}{16}$ to $\frac{1}{8}$ of an inch (2-3 mm.).
6. Using a pizza wheel, cut the layer into strips about $1\frac{1}{2}$ to 2 inches wide (4-5 cm.). Then cut crosswise making pieces of dough (i.e. pastry) about 4 inches long (roughly 10 cm.).
7. Heat a $\frac{1}{4}$ inch layer of lard or cooking oil on medium-to-medium high heat. Do not let the oil burn.
8. Just as it begins to shimmer, slowly lay in strips of the dough filling the pan. Some pieces will puff up. Don't push it down. You'll like them even better this way. Fry for about 2 minutes, checking for brownness. Flip when brown. Fry for about another minute.
9. Remove pieces, let drain and place onto a paper towel-covered baking pan or serving platter.
10. This is a dynamic process of placing, flipping, and removing the completed Hard Tacks. Employ some assistance, preferably someone from the next generation who will carry on the tradition.
11. Seal the leftovers in a zip bag or sealable container. They will last for up to a week on the counter, but I've never had any last that long because they're all eaten one way or another. These are better than crackers with homemade soup and far better than crackers or tortilla chips with homemade chili.



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HEALTHY GREEN BEANS

SUBMITTED BY:
JULIE LOWERY

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!





VEGETARIAN QUINOA 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!

JACKSON'S SMOKED BBQ

SUBMITTED BY:

RGEA DIRECTOR OF GOVERNMENT
RELATIONS JACKSON COZORT

INGREDIENTS:

10-12 lb. Boston butt

Mustard

Cajun dry rub

Black pepper

Hickory or apple wood chunks

METHOD:

1. One of the main things I look for when selecting Boston Butt is a large fat cap on the top. This will keep the entire butt hydrated throughout the whole cook. Score the top of the fat down to the edge of the meat without cutting into the meat. This allows the dry rub to sink into the grooves to add flavor, and as it cooks, the fat renders down through the meat to keep it from drying.
2. Before applying dry rub, use mustard (or olive oil) as a binder to make the dry rub stick. Throughout the cooking process, the mustard loses all of its flavor, so it doesn't alter the taste. Cover the entire butt with the binder.
3. I use a pretty basic Cajun dry rub, but you can use whatever kind you like. Controversial opinion—most of the flavor comes from the smoke, so the dry rub is just a mild enhancer.
4. Liberally cover the meat with black pepper. It gives that dark bark better than any other spice I have ever tried.
5. Put the meat in the fridge overnight. Wrap if you like, but it's not necessary.



*I used a 12 lb.
Boston butt.*

FUN FACT:

Earlier in November, Jackson brought in his BBQ to celebrate Executive Director Tim O'Connell's birthday with the rest of the RGEA team.

*Super secret tip:
Don't skip the black
black pepper!*

Makes a great bark.



6. In the morning, soak wood chunks in water for about 45 minutes so the wood is saturated. Next morning pull it out of the fridge and it is time to start smoking your wood. For a Boston Butt, I like to use Hickory or Apple. For this smoke we used Hickory Chunks.
7. Wrap the wood in foil and poke holes to allow the smoke to escape. Place the wrapped wood directly on the heating element of your smoker.
8. Once the smoker reaches 225°F, and you see a good amount of smoke coming out the back, put your meat on fat side up. You want the fat to render down through the entire cook.
9. Close the smoker and do not open it for the next 3-4 hours—not even to check on it. Make sure to monitor the temperature consistently to ensure your smoker is staying around 225°F, but do not open the door.
10. Around hour 4 or 5, do a wood and pellet change to boost the smoke and help that bark continue to set in.
11. Once the internal temperature hits 200°F, take the meat out of the smoker. For a 10-plus pound Boston butt this should take at least 10 hours, but cooking times can vary. It's important to start monitoring your meat temperature with a meat thermometer from hour 6 on to ensure it reaches that optimal temp. This particular butt took more than 12 hours.
12. Let the meat rest for at least 45 minutes. Some people even let it rest for up to 3 hours, but I have found that 45 minutes to an hour is sufficient.
13. After it's rested, pull the meat, put on your favorite sauce, and enjoy with friends and loved ones!



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VIDALIA ONION PIE

SUBMITTED BY: RGEA EXECUTIVE DIRECTOR TIM O'CONNELL

"This recipe was handed down through generations of O'Connells. Just kidding! My wife, Beth, started making this pie several years ago, but it's quickly becoming tradition."

INGREDIENTS:

One premade, refrigerated pie crust to roll out (like Pillsbury)

3 cups of thinly sliced Vidalia or other sweet onions

3 tbsp. butter, melted

3 eggs, beaten

2 tbsp. flour

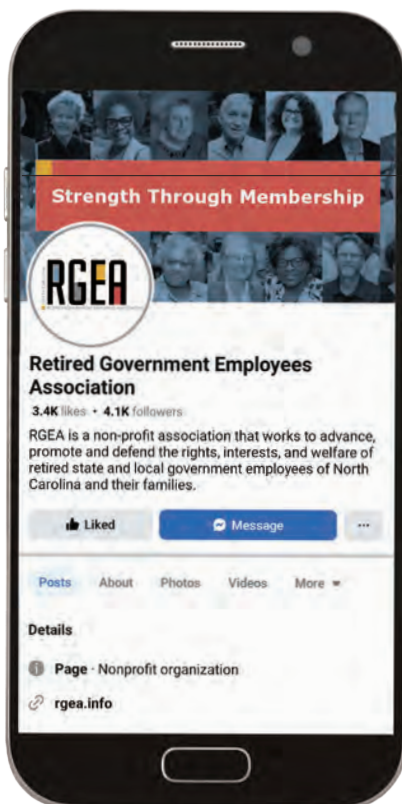
2 cups sour cream

1 tsp. salt

4 slices of cooked crumbled bacon

METHOD:

1. Preheat oven to 350°F.
2. Melt butter in large saucepan over medium heat. Add the onions and saute until soft and lightly browned.
3. Roll out the pie crust into a deep-dish pie pan, following the instructions on the box.
4. In a bowl, beat the eggs and the flour together to combine. Add the sour cream and salt and mix well.
5. Spoon the sauteed onions into the bottom of the pie crust.
6. Pour the egg mixture over the onions.
7. Sprinkle the bacon evenly across the top of the pie.
8. Bake until firm in the center, 30-40 minutes.



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PAN FRIED MAPLE PECAN BRUSSELS SPROUTS

INGREDIENTS:

- 1 lb. brussels sprouts
- ½ cup pecans
- 2 tbsp. maple syrup
- ½ tsp. salt
- Black pepper
- ½ tsp. chilli flakes (optional)

METHOD:

1. Trim the ends off the sprouts and slice in half. Remove any dry outer layers and then rinse well and pat dry.
2. Heat 1½ tbsp oil in a saucepan on medium-high heat. Add sprouts and fry for a few minutes until lightly brown.
3. Roughly chop pecans and add to the pan with the maple syrup, salt and pepper and chilli flakes (if using). Cook for a few minutes until the sprouts are caramelized and starting to char. Serve and enjoy!



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season.



CAPRESE CHRISTMAS WREATH

INGREDIENTS:

1 lb. cherry tomatoes
8 oz. fresh mini mozzarella balls
Fresh basil leaves
Arugula (rocket leaves)
Balsamic glaze for drizzling
Olive oil, salt, and pepper to taste

METHOD:

1. On a large platter, arrange the cherry tomatoes and mozzarella balls in a circular wreath shape.
2. Tuck in fresh basil leaves and rocket leaves around the tomatoes and mozzarella.
3. Drizzle with olive oil and balsamic glaze, then season with salt and pepper before serving.



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