



2022  
Working@Duke

# Thanksgiving Recipes

Love,  
WORKING@DUKE

*We're thankful  
for the delicious recipes  
provided by Duke colleagues!*



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# Bacon-Wrapped Turkey

**By Stan Paskoff**

IT Analyst and Network Administrator for the Sanford School of Public Policy

## INGREDIENTS:

12-to-14-pound turkey  
1 onion, coarsely chopped  
2 medium carrots, sliced  
1 head garlic, halved horizontally  
Kosher salt and freshly ground pepper  
1-pound sliced bacon  
1/3 cup all-purpose flour  
4 cups turkey stock, preferably homemade

## INSTRUCTIONS:

Preheat the oven to 350 degrees and arrange the shelf nearest the bottom.

Place a large sheet of parchment paper on a work surface. Arrange half of the bacon in strips, side to side to form a square. To form a lattice, working from the left side of the square, fold back every other strip of bacon the width of a slice. Lay a new slice of bacon over the unfolded strips and return the folded bacon to the original position.

Continue weaving the remaining bacon in the same manner, until you have a woven square. Slide the parchment onto a baking sheet and transfer to the freezer for 10 minutes, until the bacon is firm.

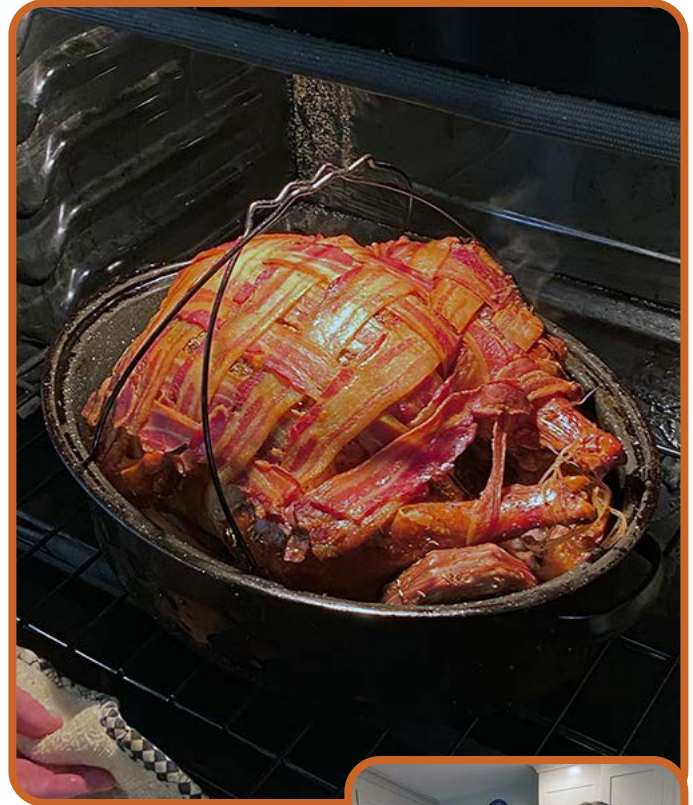
Place the turkey on a cutting board and tie the legs together.

Remove the bacon from the freezer and working quickly, carefully lift it from the parchment. Arrange the bacon square so that the 4 corners are at the neck, the cavity and both wings. Tuck the bacon around the bird, covering the breast and legs. Season with pepper.

Place the turkey onto a roasting rack set in a roasting pan and scatter the vegetables, neck and giblets all around. Add 3 cups of water to the pan. Loosely cover the turkey with foil and roast for 1 1/2 hours, adding water to keep the vegetables moist. Remove the foil and roast until in instant-read thermometer inserted in the thigh registers 165 degrees, about 1 1/2 hours longer.

Carefully transfer the turkey to a cutting board while you make the gravy. Strain the pan juices into a heat-proof cup and spoon 4 tablespoons of the fat into a large saucepan. Discard the remaining fat. Whisk the flour into the fat and cook over moderately high heat until bubbling and nutty, about 4 minutes. Add the turkey stock and defatted pan juices and bring to a boil. Simmer over moderate heat until thickened, about 10 minutes. Season with salt and pepper to taste.

Carve the turkey and serve with the gravy.



Stan Paskoff and his wife inspect the bacon-wrapped turkey before it goes into the oven. Photo courtesy of Stan Paskoff.



# Papa's Turkey Noodle Soup

**By Allison Besch**

Director of Career Services, Nicholas School of the Environment

*"The soup recipe is from my father-in-law, a lifelong Duke fan who has also created a binder of culinary memories for us to share. His Turkey Noodle Soup has become a tradition – a fun way to use the leftover Thanksgiving turkey for lunch the next day."*

## INGREDIENTS:

- 1 1/2 - 2 cups uncooked fine egg noodles
- 1 tablespoon instant minced onion
- 2 1/2 tablespoon chicken-flavored bouillon granules
- 1 1/2 teaspoon pepper
- 1/4 teaspoon dried whole thyme
- 1/8 teaspoon celery seed
- 1/8 teaspoon garlic powder
- 1 bay leaf
- 3 cups diced leftover Thanksgiving turkey (or see note)

## INSTRUCTIONS:

Combine all ingredients – except the turkey – in the plastic bag, store in a cool, dry place. (To ensure even distribution of seasonings, each recipe of soup mix must be mixed individually).

Combine soup mix, 8 cups of water, and 2 medium carrots, diced, in a Dutch oven. Bring to a boil; cover and reduce heat and simmer 15 minutes. Discard the bay leaf, stir in 3 cups cooked, diced turkey; simmer an additional 5 minutes.

Yield: 2 quarts

**Note:** (if using uncooked chicken – use 5 skinless breasts that have been baked and cubed) or go to the deli and pick up approximately 1 1/2 pounds of turkey



Allison Besch, left, and her daughter, Cassidy, stop to take a photo while cooking together in 2021. Photo courtesy of Allison Besch.

# Best Gravy Recipe

**By Melodie Goswick**

Director of Hospital Supply Chain, Duke Regional Hospital

*"Best gravy recipe ever, but I do use Better Than Bouillon instead of cubes.  
My daughter calls it the 'good gravy.'"*

## INGREDIENTS:

1 chicken stock cube or bouillon cube  
1 beef stock cube or bouillon cube  
2 1/4 cups boiling water  
4 tablespoons of unsalted butter  
4 tablespoons all-purpose flour  
1/2 teaspoon onion powder  
1/4 teaspoon finely ground  
black pepper  
Salt, if needed

## INSTRUCTIONS:

Crumble cubes into boiling water, mix to dissolve.

Melt butter in a saucepan over medium heat.

Add flour, onion powder and pepper. Mix into butter with a wooden spoon or whisk.

While stirring, slowly pour in half the liquid.

Once incorporated into the flour butter roux (it will thicken quickly), add remaining liquid and mix.

Stir for 1 1/2 to 2 minutes until it thickens to a gravy consistency (it's quick as water is already hot). Taste, add more salt and pepper if needed.





# Mile High Biscuits

(adapted from now-closed Hominy Grill in Charleston, South Carolina)

**By Stan Paskoff**

IT Analyst and Network Administrator for the Sanford School of Public Policy

## INGREDIENTS:

4 cups flour (White Lily or cake flour)  
2 tablespoons baking powder  
2 teaspoons sugar  
1 teaspoon salt  
5 tablespoons unsalted butter  
5 tablespoons shortening  
1 1/2 cups buttermilk

## INSTRUCTIONS:

Preheat oven to 425 degrees.

Sift dry ingredients into large bowl.

Using pastry cutter cut butter and shortening into the dry ingredients until fats are coated with flour and the size of peas.

Add buttermilk and gently mix until just moistened.

Turn out on to floured surface, knead lightly, until it forms cohesive ball, about 10 strokes. Roll or pat dough out to 1-inch thickness.

Using a lightly floured 2-inch biscuit cutter stamp the biscuits from the dough and place on baking sheet or baking stone, barely touching each other

Bake until golden brown.

Recipe makes 10-12 biscuits.



Stan Paskoff surveys the hard work of his Thanksgiving spread, including biscuits in the foreground. Photo courtesy of Stan Paskoff.

# Italian Sausage Stuffing

**By Leah Austin**

Assistant Manager of Event Management, Duke Venue and Production Management

*"My absolute favorite. My Dad made it every year, and now I make it."*

## INGREDIENTS:

2 pounds sweet Italian sausage with casings removed.

(Jimmy Dean's is best. I use one pound hot and one pound not hot).

1/2 cup butter (1 stick)

3 cups onion, chopped

2 cups celery, chopped

2-4 apples depending on size. I like, if available, to use half red and half green

1 tablespoon fresh sage, chopped, I use dried also if I can't find fresh easily

2 tablespoons fresh parsley, chopped

12 cups bread crouton stuffing mix, I prefer Knott's Berry Farm, Italian seasonings,

1/2 teaspoon ground allspice

1/4 cup maple syrup

1 cup dried cherries, this is something new I added last year

1 cup regular raisins

1 cup golden raisins

1 cup walnuts, toasted and chopped (You can leave this out as you don't like nuts)

2 cups chicken stock, plus extra as needed, I just break up some bouillon cubes usually in a glass of warm water, sometimes I buy the bullion in cans

2 tablespoons fresh thyme, chopped

Salt and pepper

## INSTRUCTIONS:

Sauté sausage in a large skillet over medium-high heat until cooked through, crumbling sausage with the back of a spoon, about 10 minutes. Preheat oven to 350 degrees.

Transfer sausage with a slotted spoon to a large bowl. Discard sausage fat in pan.

Add butter, onions, and celery to skillet and sauté until tender, about 10 to 15 minutes.

Add to sausage, along with herbs and bread croutons, mix to combine.

In a medium bowl, combine allspice, maple syrup, cherries, pecans, and chicken stock. Add to crouton mixture. The mixture should be moist, but not soggy. Add more chicken stock, if necessary.

Transfer stuffing to a baking dish and cover with foil. Bake for one hour. Uncover and bake for another 20 minutes, or until the top is golden.



Leah Austin stands next to her father on her wedding day. Since his death in 2017, the stuffing recipe has been a way to honor his memory. Photo courtesy of Leah Austin.



# Oven-Roasted Sweet Potatoes and Onions

**By Patty Halpin**

Developments Projects Coordinator, Duke Medical Center Development

## INGREDIENTS:

4 medium peeled sweet potatoes, cut into 2-inch pieces (about 2 1/4 pounds)

2 medium Oso Sweet or other sweet onions, cut into 1-inch pieces (about 1 pound)

2 tablespoons extra-virgin olive oil 3/4 teaspoon garlic-pepper blend (such as McCormick)

1/2 teaspoon salt

## INSTRUCTIONS:

Preheat oven to 425 degrees.

Combine all ingredients in a 13-by-9-inch baking dish, tossing to coat.

Bake for 35 minutes or until tender, stirring occasionally.





# Buttery Herb Stuffing

**By Patty Halpin**

Developments Projects Coordinator, Duke Medical Center Development

*"It is a carbfest at our house."*

## INGREDIENTS:

18 to 24 ounces bread cubes  
(1 1/2 loaves of bread, or  
about 12 to 14 cups) preferably toasted  
or stale

1 cup unsalted butter

3 cups diced sweet onion, roughly  
2 large onions

2 cups diced celery

6 garlic cloves, minced

Kosher salt and pepper

3 tablespoons chopped fresh sage

3 tablespoons chopped fresh parsley

3 tablespoons chopped fresh rosemary

2 1/2 cups chicken or vegetable stock

2 large eggs

A mixture of fresh herbs for sprinkling

## INSTRUCTIONS:

Preheat the oven to 350 degrees. Brush a 9-by-13-inch baking dish (you can also use a larger baking dish or a larger foil roasting pan too!) with melted butter, olive oil or spray with nonstick spray. Place the bread in a large mixing bowl (this may be easier for you to stir!) or the baking dish that you will bake it in. You can also separate this into two baking dishes if it's easier.

Heat the butter in a large skillet or Dutch oven over medium heat. Once melted, stir in the onion, celery, and garlic with a big pinch of salt and pepper - at least 1/2 to 1 teaspoon each. Cook until the onions and celery soften, about 8 to 10 minutes. Stir in the sage, parsley, and rosemary. Cook for another minute. Stir in 1 cup of stock.

Pour the onion celery mixture over the breadcrumbs and toss well to coat.



In a small bowl or measuring cup, whisk together the remaining 1 1/2 cups stock and 2 eggs.

Pour that mixture into the bread cubes and stir and fold the bread cubes until thoroughly combined. Bake the stuffing for 45 to 50 minutes, until the internal temperature registers 160 degrees. If the stuffing is getting too browned, you can tent it with foil.

To serve 4: Cut this recipe in half exactly and bake it in an 8-by-8-inch or 9-by-9-inch dish. I bake for the same amount of time.

To serve 12 to 18: Double this recipe exactly. Bake in a large baking dish, like a 10x15 roasting pan, or baking in two 9-by-13-inch baking dishes. I bake for roughly the same amount of time, or about 15 minutes longer.



# Vegan Cornbread Stuffing

**By Sarah Brickman**

Assistant Director, Donor Relations, Duke Alumni Engagement and Development

*"I often joke that the Minimalist Baker 'taught me how to cook.' When her blog was new, she focused on simple, limited-ingredient dishes to accommodate a variety of dietary restrictions. My family has numerous restrictions: dairy, egg, gluten, garlic, and onion (yes, really). Needless to say, following any recipe word-for-word is impossible. Minimalist Baker's recipes and detailed descriptions taught me everything I now know about finding the right substitutions to make almost any recipe work for my family. I made this stuffing (minus onion, plus extra leeks) for the first Thanksgiving I hosted, which was also our first Thanksgiving in North Carolina. Cornbread seemed especially appropriate for our recent relocation to the South. It was a hit, and this will be my sixth year making it!"*

## INGREDIENTS:

12 ounces fresh cranberries, rinsed  
1/4 cup water (or sub orange juice for more flavor!)  
1/4 cup maple syrup (to taste)  
Double batch cornbread (cubed and dried at room temperature for 24 hours)  
2 tablespoons olive oil or vegan butter  
1 medium white or yellow onion (diced)  
2 medium leeks (thinly sliced // ~2 cups as original recipe is written)  
1 healthy pinch each salt and black pepper (plus more to taste)  
1 teaspoon dried thyme  
2/3 cup chopped raw pecans or walnuts (optional)  
2 cups vegetable broth (I prefer Imagine brand at Whole Foods)

## INSTRUCTIONS:

Make your double batch cornbread at least one day in advance so it can be cooled, cubed, and then left to dry at room temperature uncovered for 24 hours. This keeps the stuffing from becoming mushy and allows the cornbread to absorb more of the vegetable broth.

Once your cornbread has been dried, begin by preheating oven to 400 degrees F (204 C) and adding cranberries to a small baking dish. Top with water (or orange juice) and maple syrup. Toss to combine, then bake for 20 minutes, or until bubbly and soft. Set aside and reduce oven heat to 375 degrees.



Sarah Brickman works in the kitchen on the vegan cornbread stuffing in 2021. Photo courtesy of Sarah Brickman.

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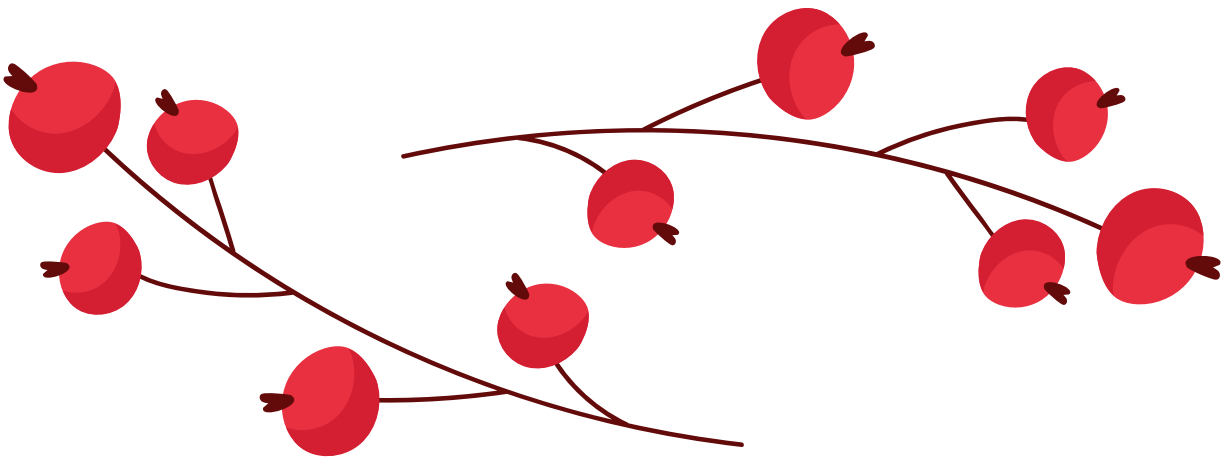
While cranberries are baking, heat a large skillet over medium heat. Once hot, add olive oil, onion, leeks, and a healthy pinch of salt and black pepper. Saute, stirring frequently, until soft and fragrant. Set aside.

Add the dried cornbread to a large mixing bowl along with leeks, thyme, and pecans or walnuts (optional). Then add another healthy pinch of salt and pepper and the vegetable broth, starting with half (1 cup or 240 ml as original recipe is written / adjust if altering batch size) and working your way up to 2, stirring gently as you go. You aren't looking to make a puree out of the mixture, but rather gently toss and incorporate the flavors. I found 2 cups (480 ml) to be the perfect amount (amount as original recipe is written / adjust if altering batch size). You want the cornbread to be moistened but not saturated.

Add cranberries and gently stir once more.

Transfer a greased 9-by-13-inch baking dish and use a spoon or spatula to spread into an even layer. Cover with foil and bake 25 minutes, then uncover and bake another 30 to 40 minutes, or until golden brown.

Let rest 5 to 10 minutes before serving. Leftovers store well in the refrigerator up to five days, though best when fresh.





# Colorful Roasted Veggies

**By Kristin Ferriter**

Health Information Management Analyst, Duke Patient Revenue Management Organization

*"We have a few vegetarians in our family, including myself. Therefore, it's important and sometimes challenging to ensure that there are options for all."*

## INGREDIENTS:

Carrots

Beets

Parsnips

Turnips

Rutabagas

Sweet and red potatoes

Broccoli

Cauliflower

Really whatever your family likes  
or would be open to trying.

## INSTRUCTIONS:

Wash veggies, cut into similar size chunks and toss with olive or canola oil and sprinkle with salt, pepper and seasonings your family enjoys. (We add paprika, cumin and chili powder, but turmeric, ginger and a bit of cinnamon would be nice for the holidays).

Roast in a 400 to 425-degree oven in a single layer. Spread out the veggies so they can breathe during baking.

Roast for 20 to 30 minutes, turning halfway until desired doneness. I prefer mine with a bit of crunch.





# Corn Pudding

**By Angel Scott**

Administrative Assistant, Duke Health Office of Culture and Well-being

## INGREDIENTS:

4 cans of cream style corn  
2 bags of frozen sweet corn  
6 eggs  
1/2 stick melted butter  
1 can evaporated milk (diluted  
with water)  
Nutmeg to taste  
Vanilla to taste  
Sugar to taste  
Flour (add a little for thickness)



## INSTRUCTIONS:

Mix all ingredients together.  
Bake at 375 degrees until done.



# Potato Gratin with Goat Cheese and Garlic

**By Paige Eppenstein Anderson**

Associate Director, Enrollment Services in Enterprise Engineering

## INGREDIENTS:

- 1 cup whole milk
- 1 cup whipping cream
- 1 cup crumbled soft fresh goat cheese (such as Montrachet; about 5 ounces)
- 1 garlic clove, minced
- 1 1/2 teaspoons salt
- 3/4 teaspoon ground black pepper
- 1/8 teaspoon ground nutmeg
- 2 pounds Yukon Gold potatoes, peeled, thinly sliced

## INSTRUCTIONS:

Preheat oven to 400 degrees.

Generously butter and 11-by-7-by-2-inch glass baking dish.

Whisk first seven ingredients in medium bowl to blend.

Arrange 1/3 of potatoes in bottom of prepared dish, overlapping slightly and covering completely.

Pour 1/3 of cream mixture over. Repeat layering potatoes and cream mixture two more times.

Bake uncovered until potatoes are tender and top is golden brown in spots, about 1 hour 15 minutes. Serve hot.

Makes 4 to 6 Servings.



Paige Eppenstein Anderson, top left, gathers with family and friends in 2021. Photo courtesy of Paige Eppenstein Anderson.



# Dried Cherry and Italian Sausage Stuffing

**By Allison Besch**

Director of Career Services, Nicholas School of the Environment

## INGREDIENTS:

- 1/2 cup butter (1 stick)
- 6 celery stalks, finely diced
- 2 medium onions, finely diced
- 1 loaf French bread, cut into 1-inch cubes and toasted (10 cups)
- 1 cup dried cherries
- 3/4-pound Italian sausage, casings removed, cooked, and crumbled
- 3/4 cup fresh flat-leaf parsley, chopped
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- 2 14 1/2-ounce cans chicken broth

## INSTRUCTIONS:

Melt butter in a 12-inch skillet over medium heat.

Add the celery and onions and cook until translucent, five to seven minutes.

In a large bowl or pan, combine the celery and onions with the bread, cherries, sausage, parsley, salt and pepper.

Add the broth and stir until well combined. Using a large spoon, loosely stuff the mixture into the turkey just before roasting or spoon stuffing into a lightly buttered large oven proof dish.

Cover and bake in a 325-degree oven for one hour, then uncover and bake for 15 minutes more. Serve warm.

Makes 8 to 10 servings.



Allison Besch's extended family work together in the kitchen in 2017. Photo courtesy of Allison Besch.



# Slow Cooker Mac 'N Cheese

**By Jack Frederick**

Working@Duke Writer, Office of Communication Services

*"I have inherited this recipe from my wife Brittany's family. As far as I know, the recipe originates with my wife's grandmother, who lives in South Carolina and is a huge Duke basketball fan. It's seriously some of the best southern mac 'n cheese you'll ever eat!"*

## INGREDIENTS:

- 1 package elbow macaroni
- 1 12 ounce can of evaporated milk
- 1 1/2 cups milk
- 2 eggs, beaten
- 2 cups shredded cheddar cheese
- 1/4 cup melted butter
- Salt & pepper to taste
- 4 ounces sliced cheddar cheese
- 1/8 teaspoon paprika



## INSTRUCTIONS:

Grease slow cooker.

Boil pasta in a pot of lightly salted water with a splash of oil. Drain noodles when fully cooked. Pour pasta into slow cooker.

Combine both types of milk, eggs, shredded cheese, butter, salt and pepper in a large bowl and mix.

Spoon into slow cooker with pasta and stir. Sprinkle with paprika. Top with cheese slices.

Cook for three hours on low.



# Crispy-Edged Roasted Brussels Sprouts

**By Paige Eppenstein Anderson**

Associate Director, Enrollment Services in Enterprise Engineering

## INGREDIENTS:

1 tablespoon extra-virgin olive oil  
4 cups (1 pound) Brussels sprouts,  
halved or quartered lengthwise  
(or left whole, if small)

Salt

## INSTRUCTIONS:

Preheat the oven to 425 degrees. Line a baking tray with foil and coat with oil.

Place the Brussels sprouts cut side down on the prepared tray, moving them around so that all the cut surfaces touch some of the oil.

Place the tray in the center of the oven for 10 minutes. At this point, shake the tray and/or use tongs to redistribute the sprouts so that more surfaces can come into contact with the hot oil.

Roast for another five minutes or until a taste test tells you the sprouts are done to your liking. (They will cook a little further from their own heat after they come out of the oven).

Remove the tray from the oven and let the sprouts cool for about 10 minutes on the baking tray. You can salt them lightly during this time if you wish. Serve hot, warm or at room temperature.

Yields: 4 servings



Paige Eppenstein Anderson, right, poses for a photo with her wife, Janice, and son, Logan, in 2020. Photo courtesy of Paige Eppenstein Anderson.



# Potato Stuffing

**By Stan Paskoff**

IT Analyst and Network Administrator for the Sanford School of Public Policy

*"If you are from the northeast and love knishes, this potato stuffing is approximately the inside of a potato knish."*

## INGREDIENTS:

- 1/3 cup minced onion
- 1/3 cup unsalted butter
- 2 cups warm mashed potatoes,  
should be russet potatoes
- 1 cup breadcrumbs
- 1 teaspoon salt
- 2 eggs

## INSTRUCTIONS:

Prepare a 9-by-9-inch pan with cooking spray. I suggest that you prepare this a day ahead of time and put it in the fridge. The next day bring it room temperature and then bake in 350-degree oven for 30 minutes.

Cook onion in butter until golden brown.

Add potatoes, onions, and salt and blend together.

Beat the eggs and blend into the mixture.

Press in to prepared pan.

See cooking suggestion above.



Stan Paskoff is hard at work in the kitchen during a recent Thanksgiving. Photo courtesy of Stan Paskoff.

# Aunt Katie's Crescent Cookies

**By Stan Paskoff**

IT Analyst and Network Administrator for the Sanford School of Public Policy

## INGREDIENTS:

8 ounces (2 sticks) unsalted butter, at room temperature

1/3 cup sugar

2 teaspoons vanilla extract

1 tablespoon water

2 1/4 cups flour

1/2 teaspoon salt

2 cups finely chopped walnuts

Confectioner's sugar, for dusting

## INSTRUCTIONS:

Preheat the oven to 350 degrees.

Sift the flour and salt together and stir it into the butter mixture. Add the nuts and mix thoroughly

Form the mixture into 2-inch balls and roll each into a small rope. Place on cookie sheets, 1 1/2 inches apart, bending them into crescents.

Bake for 25 to 28 minutes, reversing the cookie sheets after 15 minutes. Let cool on racks and dust with confectioners' sugar.

Makes 36 cookies.





# Cranberry Squares

**By Stan Paskoff**

IT Analyst and Network Administrator for the Sanford School of Public Policy

## INGREDIENTS:

2 1/4 cup sugar  
3 eggs  
2 sticks softened butter  
1 1/2 teaspoon  
almond extract  
2 1/4 cup flour  
3 cups washed cranberries  
(1 bag)

## INSTRUCTIONS:

Spray 9-by-13-inch pan with oil and preheat oven to 350 degrees.

Beat first two ingredients for two minutes, then blend in next two ingredients. Blend in flour, then blend in cranberries. The batter will be thick.

Optional topping: mix six tablespoons melted butter, 3/4 cup brown sugar, 1 1/2 cup chopped walnuts.

Bake in a greased 9-by-13-inch pan for 60 minutes at 350 degrees.

Note: If you use a topping, drop topping evenly on top 30 minutes into baking time.



# Holiday Cranberry Salad

**By Jennifer Simmers**

Management Engineer, Duke Performance Services at Duke University Hospital

## INGREDIENTS:

- 1 pound package fresh cranberries – washed well and damaged ones sorted out
- 2 cups cold water
- 2 1/2 cups sugar
- 2 small packages of lemon Jell-O
- 1 cup coarsely chopped walnuts
- 1 cup red seedless grapes, halved
- 2 cups crushed pineapple

## INSTRUCTIONS:

Combine the cranberries & cold water, heat to boiling and boil for five minutes.

Add sugar and cook five more minutes.

Remove from heat.

Slowly stir in the lemon Jell-O packages. Stir until well dissolved.

Add walnuts, grapes and crushed pineapple.

Stir well, cover and refrigerate overnight.

**Notes:** I generally add in double the number of walnuts as I love walnuts; adding in more walnuts will not impact the results. For a lower-carb version, I substitute the sugar with the baking Stevia and use sugar-free lemon Jell-O.





# Pumpkin Chocolate Chip Muffins

**By Andie Cable**

Compliance Specialist, Duke Vendor Services

*"This is a family favorite. I just sent a batch to my daughter in Connecticut and my son and his roommates ask for them all the time when I send care packages to college, especially because there is a vegan option (roommate is vegan). You can make them regular size or mini, just adjust your bake time."*

## INGREDIENTS:

- 1 2/3 cups flour
- 1 cup sugar
- 1 tablespoon pumpkin pie spice
- 1 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1 teaspoon vanilla
- 2 large eggs (for vegan: substitute with 2 tablespoons of ground flaxseed, mixed with 5 tablespoons water. Let sit 5 minutes to thicken)
- 1 cup pumpkin
- 1 stick butter, melted (for vegan: 1 stick vegan butter, softened not melted)
- 1 cup chocolate Chips (for vegan: non-dairy/vegan chocolate chips)

## INSTRUCTIONS:

Combine eggs, pumpkin, vanilla and butter into stand mixer with paddle attachment (or large bowl with rubber spatula).

Mix in all dry ingredients until smooth.

Add chocolate chips to just combine.

Scoop into muffin tins line with cupcake holders or well-greased.

Bake at 350 degrees for 15 to 20 minutes for regular size muffins or 10 to 12 minutes for mini muffins.

Store in airtight container.





# Cherry Pineapple Dump Cake

**By Leanna McKay**

Human Resources Specialist, Duke University Health System Clinical Labs Human Resources

*"While growing up my parents and I would always make the pilgrimage to Illinois to spend Thanksgiving with my Great-Grandmother. The entire street was lined by family members and those of us from out of state would pick a favorite Cousin or Aunt/Uncle's house to stay in the guest room for the week. It never failed that despite already having 30+ family members trying to eat together, the younger family members would bring their current boyfriend/girlfriend or best friend along. Nobody would mind the extra mouth to feed but desserts tended to disappear faster than everything else. So, we always managed to have spare cans of pie filling and yellow cake mix in the pantry just in case we ran out of dessert before we ran out of guests eating. Usually, we could have it whipped together and ready to eat before the last guest arriving could fix their plate and finish eating dinner first.*

*My grandmother has the original recipe card, but I found a version online years ago when I had some unexpected guests for Thanksgiving, that is exactly like it."*

## INGREDIENTS:

20 ounce can of Crushed Pineapple with juice  
21 ounce can of Cherry Pie Filling  
1 box of Yellow Cake Mix  
1 stick of unsalted butter  
1/2 cup of chopped pecans

## INSTRUCTIONS:

Preheat oven to 350 degrees.

Dump one 20 ounces can of crushed pineapple with juice into a 9-by-13-inch baking dish.

Dump one 21 ounces can of cherry pie filling over pineapple and spread evenly.

Take one box of yellow cake mix and evening spread cake mix over the cherry pie filling.

Chop up one stick of butter into small squares and spread evenly across cake mix. This will create a nice crust.

Add chopped pecans to the top and spread over the rest of the cake.

Place baking dish in oven for 35 to 45 minutes or until topping is slightly browned.

Wait till it cools and dive in.



Leanna McKay, left, poses with her grandmother and mother at a Thanksgiving gathering in the 1990s. Photo courtesy of Leanna McKay.



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