



2022

*Community Holiday
Cookbook*



Happy holidays, friends!

It's been a wonderful year here at Feedists For Fat Liberation - we have had a number of successful workshops and gatherings and it's been such a joy to share it all with each of you. In November of this year we hosted a Virtual Fireside Holiday Hangout and encouraged those in attendance to bring their favorite holiday recipes to share among the group.

The following pages are a labor of love and collaboration with recipes from a number of FFL members and organizers and we're so happy to share them with you.

However you celebrate (or don't) this year, we hope these recipes bring you some joy and sense of community.

Cheers,

FFL Core Organizing

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Sweet Potato Casserole

Time: 90 min

Ingredients

- 6 cups of Sweet potatoes (mashed)
- 3 cups of Brown sugar (packed)
- 4 Large Eggs (lightly beaten)
- 2 tsp of Vanilla extract
- 1 cup of Milk
- Pinch of Salt
- 1 and ½ cup of Butter (melted)
- ⅔ cup of Flour
- 8 oz of Pecans (finely chopped)

Directions

1. Heat oven to 350°F / 177°C
2. Butter or spray pan
3. In a large bowl, combine the mashed sweet potatoes with 2 cups of the brown sugar, eggs, vanilla extract, milk, 1 cup of the melted butter, and salt. Blend thoroughly and spoon the mixture into the prepared baking dish.
4. In another bowl, combine the remaining 1 cup of brown sugar, the flour, the remaining ½ cup of melted butter, and the chopped pecans.
5. Sprinkle the pecan topping mixture over the top of the sweet potato casserole.
6. Bake for 40 to 55 minutes, until the filling is hot and the topping has browned.

Cream Cheese Pound Cake

Time: 1 hr 15 min

Ingredients

- 3/4 cup butter softened (1 1/2 sticks)
- 1 package 8oz cream cheese softened
- 2 cups Sugar
- 4 large eggs
- 3 cups flour
- 3 1/2 teaspoons baking powder
- 1 1/2 teaspoons salt
- 2/3 cup Milk
- 2 teaspoons vanilla

Directions

1. Cream butter, sugar & cheese with an electric beater. Add eggs one at a time beating a minute for each
2. Add dry ingredients
3. Add milk & vanilla
4. Beat until smooth but not too long
5. Bake in well greased tube pan 350 for one hour

Butter & Jelly Cookies

Time: 45 min

Ingredients

- 1 pound Butter softened
- 1 cup sugar
- 2 egg yolks
- 1 tablespoon vanilla
- 1/2 teaspoon salt
- 4 cups flour
- Grape, strawberry or raspberry jelly

Directions

1. Cream butter, sugar, egg yolks & vanilla with beater
2. Add salt & flour gradually while hand stirring to until cookie dough consistency
3. Spoon onto cookie sheet using teaspoon
4. Round out by hand and put thumb print in middle
5. Add dollop of jelly to each one
6. Bake at 350, 10-15 minutes until edges are light brown

Hot Broccoli Cheese Dip

Time: ~1 hr

Ingredients

- 1/4 stick butter
- Small onion chopped very finely
- 1 bar mild cheddar cheese
- Garlic powder
- 1 can cream of mushroom soup
- 1 package frozen chopped broccoli partially thawed
- 1 bag Fritos for dipping

Directions

1. Cook chopped onion in butter until clear and cooked
2. Turn heat to medium
3. Cut cheddar cheese bar in chunks and add
4. Sprinkle generously with garlic powder
5. Add cream of mushroom soup
6. Stir together and melt until blended and cheese is smooth
7. Add chopped broccoli and stir in thoroughly
8. Take off heat and serve with Fritos

Salted Peanut Chews

Time: 45 min

Ingredients

- 1 package of yellow cake mix
- $\frac{1}{3}$ cup of butter or margarine, room temperature
- 1 egg
- 3 cups of miniature marshmallows
- $\frac{2}{3}$ cup of light corn syrup
- $\frac{1}{4}$ cup of butter or margarine, (will be melted, starting temp can be chilled or room temp)
- 2 tsp of vanilla flavoring
- 12 oz of peanut butter chips
- 2 cups of rice krispy cereal
- 2 cups of lightly salted peanuts

Directions

1. Heat oven to 350°F / 177°C, combine the first three ingredients (yellow cake mix, room temp butter or margarine, and the egg) together until crumbly. Press into the bottom of an ungreased 9x13 inch pan. Bake 12 to 18 minutes
2. Sprinkle with marshmallows and return to the oven for 1-2 minutes. Cool.
3. Heat corn syrup, margarine, vanilla, and peanut butter chips until melted and combined (stirring constantly). Remove from heat and add cereal and nuts.
4. Spoon warm topping over marshmallows and spread to cover. Cool and cut. Store covered.

Stuffing

Time: 60 min

Ingredients

- 32 oz Pepperidge Farm
- 6 oz onion, diced
- 2 bags prepared long grain & wild rice, cooked (for example, Uncle Ben's)
- 2 cups celery, diced
- 64 oz reduced sodium chicken broth

Directions

1. Saute onion in butter until translucent
2. Mix stuffing mix, onion, cooked rice, and celery until well combined.
3. Add chicken broth and mix in until all ingredients are moist.
4. Pour into 9x13 pan, bake for 34-45 minutes at 375.

Ham glaze

Ingredients

- $\frac{2}{3}$ cup brown sugar
- $\frac{1}{4}$ cup orange juice or pineapple juice
- 2-3 tablespoons dijon mustard or grainy mustard
- $\frac{1}{2}$ teaspoon garlic powder
- pinch ground cloves

Directions

1. Whisk all ingredients together.
2. Brush over a spiral cut or scored ham.
3. If desired, brush extra ovetop and broil to make the glaze golden.

Chorizo queso dip

Ingredients

- 1 tbsp vegetable oil
- 6 oz fresh chorizo, casings removed
- 2 ½ cups half-and-half
- 8 oz velveeta cheese, cut into cubes
- 8 oz monterey jack cheese, grated
- 8 oz sharp cheddar cheese, grated
- 2 tbsp chopped canned chipotle chilies in adobo
- 1 ¼ tsp kosher salt
- ¾ tsp ancho chile powder
- ¾ tsp chipotle chile powder
- 2 oz crumbled cotija cheese or queso fresco

Directions

1. Heat oil in a large skillet over medium-high heat. Add chorizo and cook, stirring and breaking up with a spoon, until browned and crisp, 8-10 minutes; set aside.
2. Heat half-and-half and velveeta in a large heavy saucepan over medium heat, stirring occasionally, until velveeta is melted, 6-8 minutes. Add monterey jack and cheddar; cook, stirring, until mixture is smooth. Mix in chipotle chiles, salt, and both chile powders.
3. Transfer queso to a warm dish and top with cotija cheese and reserved chorizo.

Notes

Make ahead: Queso (without toppings) can be made up to 2 days ahead. Cover and chill.

Gingerbread cookies

Time: 30 min, plus chilling

Ingredients

- 10 tbsp unsalted butter, room temp
- $\frac{3}{4}$ cup packed brown sugar
- $\frac{2}{3}$ cup molasses
- 1 large egg, room temp
- 1 tsp vanilla extract
- 3 $\frac{1}{2}$ cups all-purpose flour
- 1 tsp baking soda
- $\frac{1}{2}$ tsp salt
- 1 tbsp ground ginger
- 1 $\frac{1}{2}$ tbsp ground allspice
- $\frac{1}{2}$ tsp ground cloves

Directions

1. In a large bowl, beat the butter for 1 minute on medium speed until completely smooth and creamy. Add the brown sugar and molasses and beat on medium high speed until combined. Beat in egg and vanilla on high speed for 2 full minutes.
2. In a separate bowl, whisk the flour, baking soda, salt, ginger, allspice, and cloves together until combined. On low speed, slowly mix into the wet ingredients until combined. The cookie dough will be quite thick and slightly sticky.
3. Divide dough in half, form into a disc, and place each onto a large piece of plastic wrap. Wrap tightly, chill discs for at least 3 hours and up to 3 days.
4. Preheat oven to 350 F. Line 2-3 large baking sheets with parchment paper or silicone baking mats.
5. Remove 1 disc of chilled cookie dough from the refrigerator. Generously flour work surface, hands, and rolling pin. Roll out disc to $\frac{1}{4}$ inch thick. Cut into shapes. Place shapes 1 inch apart on prepared baking sheets. Re-roll dough scraps until all the dough is shaped. Repeat with remaining disc of dough.
6. Bake cookies for about 9-10 minutes. If your cookie cutters are smaller than 4 inches, bake for about 8 minutes. If your cookie cutters are larger than 4 inches, bake for about 11 minutes. Allow cookies to cool for 5 minutes on the cookie sheet. Transfer to cooling rack to cool completely. Once completely cool, decorate as desired.