



# THE ingles TABLE

## CHEF DEREK ST. ROMAIN

Head Chef, Duke Diet and Fitness Center  
Regional Coordinator, Backyard Bow Pro

### Jalapeno Poppers



#### SHOPPING LIST

- ☐ Jalapenos peppers
- ☐ Sausage
- ☐ Cream Cheese
- ☐ Zatarain's Creole seasoning
- ☐ Basil leaves
- ☐ Bacon

#### INSTRUCTIONS

- ☐ Pre-heat oven to 350 °F
- ☐ Seed and hollow out jalapeno peppers.
- ☐ Place sausage and cream cheese on top of the jalapenos.
- ☐ Sprinkle a shake of Zatarain's Creole seasoning.
- ☐ Place a whole basil leaf on top of jalapeno.
- ☐ Wrap the jalapenos with bacon and place on a pan.
- ☐ Place the pan of Jalapenos in the oven for 15 minutes and cook at 350 °F