

Free

A top-down view of a large, light blue ceramic plate with a decorative, slightly irregular rim. The plate is filled with a colorful salad. The ingredients include thick slices of red tomatoes, thin slices of cucumbers, halved cherry tomatoes, sliced red onions, and sliced radishes. Several dollops of white, creamy cheese (possibly ricotta or goat cheese) are scattered throughout the salad. Fresh green basil leaves and sliced jalapeños are also visible. A gold-colored fork is placed on the right side of the plate, partially submerged in the salad. The background is a solid dark green color.

ingles table

**HEALTHY
SALADS**

**ONE-DISH
DINNERS**

**DECADENT
DESSERTS**

**INDULGENT
COCKTAILS**



It's time to put away the jackets and scarves and pull out the t-shirts and shorts. It's also time to start preparing lighter and healthier meals for our family. Our Ingles Table chefs have come up with some delicious and cost-effective recipes for you to enjoy all season long. Don't worry, though—there are still some decadent recipes to satisfy your sweet tooth.

Please take a moment to browse the rest of the website and enjoy years of delicious recipes, instructional videos, printable recipes, and helpful tips.

Our Ingles Table family really loves having the opportunity to share these new and traditional family recipes with our shoppers. We hope you give some of them a try.

From our Ingles Table Family to yours,

-Cindy

Cindy Mixon
Vice President Deli Operations,
Ingles Markets

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There's hundreds more easy and tasty recipes for every occasion at [ingles-markets .com](http://ingles-markets.com)



**Ever wanted to make an authentic Reuben Sandwich at home?
Go to ingles-market.com to see Clark Neal show you how easy it is.**

Adding Yogurt to Your Day

Yogurt is conveniently packed in cups, pouches, tubes and even in drinkable containers; you can definitely use yogurt in different ways throughout your day.

Breakfast/Lunch and Snacks

- Yogurt by itself
- Yogurt with added fruit, granola, nuts or cereal as a parfait
(QuickTip: Pre-cut fruit at your Ingles Deli or in the Produce section)
- Add yogurt when making a smoothie
- Top waffle s or pancakes with yogurt

Making Yogurt Savory or Sweet (Dips and Spreads)

- Use all or part plain Greek yogurt when making a dip for vegetables add fresh or dried herbs or spice blends.
- Mix plain yogurt with honey and cinnamon and use as a dip for fruit or a topping for waffle or pancakes or use a flavored yogurt.
- Use plain Greek yogurt in place of or with mayonnaise as a spread for sandwiches or wrap
- Use plain yogurt as a marinade with herbs and spices for meats and poultry
- Make a soup with yogurt

Using Yogurt as an Ingredient in Baking

(be sure to use a **PLAIN** yogurt)

- Use yogurt in place of some/all of the oil when making quick breads and cakes

For more yogurt recipe ideas please go to Ingles Table recipes on our website: ingles-markets.com



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CHEF ABBY J

Founder of Abby J's Gourmet
Proprietor Blackhawk Flyfishing

Asparagus Puff Pastry Bundles

SERVES: 9

- 1 lb. fresh asparagus
 - 1 tbsp. olive oil
 - salt and pepper, to taste
 - 1 roll puff pastry
 - 8 oz. shredded parmesan cheese
 - 1 egg beaten with 1 tbsp. milk
 - 1 tbsp. Italian seasoning
 - Abby J's Smokin' Hot Sauce (optional)
-
- 1. Preheat the oven to 400°F. Line a sheet pan with parchment paper.
 - 2. On a lightly floured surface, roll the puff pastry out to a large rectangle and cut into 9 squares.
 - 3. Toss the asparagus in olive oil and season with salt and pepper, to taste.
 - 4. Place 4 or 5 stems on each one and add the parmesan cheese.
 - 5. Lift two opposite corners of the puff pastry squares and wrap them around the asparagus and press to seal. Brush puff pastry with egg wash.
 - 6. Sprinkle with Italian seasoning.
 - 7. Bake until the puff pastry is golden and puffed for about 15 minutes.
 - 8. Add Abby J's Smokin' Hot Sauce as a condiment to elevate the flavors!
 - 9. Serve immediately.



A little bundle of deliciousness that comes together easily works great as an appetizer, snack, or side item!



JASMIN QUEEN, CNC
Winner, "My Diet is Better Than Yours"

Loaded Chickpea Salad

SERVES: 4

CHICKPEA SALAD:

- 1 can chickpeas, drained and rinsed
- 1 English cucumber, diced
- 2 cups cherry tomatoes, halved
- 1/2 red onion, diced
- 1/2 cup Kalamata olives, pitted
- 1/2 cup feta cheese, crumbled
- 1 jalapeño, chopped
- salt and pepper, to taste

DRESSING:

- 1/4 cup olive oil
- 1/4 cup balsamic vinegar
- 2 tbsp. honey
- 2 tsp. garlic, minced
- 1 tsp. dried oregano

1. Place all salad ingredients into a large bowl and combine.
2. In a small bowl, combine all the dressing ingredients and whisk until combined.
3. Add dressing to the salad bowl and toss gently to combine.

Keep the undressed salad in the fridge for up to 3 days.



SMOKIN' JOE LASHER
Co-Owner and Founder
M7 Event Solutions and Catering

Gabriel's Creek Fish Sandwich

SERVES: 4

1/2	gallon canola or peanut oil, for frying	1	tsp. salt	1	cup water
2	fresh cod fillets, cut in half	4	brioche-style buns, toasted	1/3	cup sugar
1 1/2	cup all-purpose flour, divided	1	cup creamy cole slaw, from the Ingles Deli		salt, to taste
1	can light beer	2	red onions, sliced thin	1	lemon, sliced
1	tbsp. paprika	1	cup white vinegar		for garnish

PICKLED RED ONIONS:

1. Place sliced onion into a glass mason jar or container with a lid.
2. In a small saucepan, place water, vinegar, sugar, and a pinch of salt. Heat and stir until sugar and salt is dissolved.
3. Remove from heat and let cool before pouring over onions.
4. Close the jar or container and place in the refrigerator for a minimum of four hours. Overnight is better. Pickled onions can last in the fridge for up to two weeks.

FISH SANDWICH:

1. Place cooking oil in a large pot on the stove over high heat. Using an appropriate thermometer to monitor, heat to 325-350°F. Keep a close watch so as to not overheat.
2. Place 1 cup flour, paprika, and salt in a small mixing bowl. Stir in light beer in portions until a nice, creamy batter forms, not too thick or thin.
3. Dust the cod fillets in the remaining flour and then place in the batter, coating all sides.
4. Once the oil has reached the desired temperature, gently and carefully place cod fillets into the oil. Let cook for approximately 5 minutes until the batter is golden brown and the internal temperature on the fish is 155°F. Carefully remove from the oil and set aside.
5. Build your sandwich! Bottom bun, then a nice dollop of cole slaw. Place a piece of fried fish, then a good portion of tartar sauce. Finish the sandwich with a mound of pickled red onion and the top bun. Add a fresh lemon wedge and, viola, you have the Gabriel's Creek Fish Sandwich.

Honey Buffalo Chicken Salad

SERVES: 8-10

SAUCE:

- 4 tbsp. Laura Lynn butter, unsalted
- 1/2 cup cayenne pepper sauce
- 3/4 cup Laura Lynn honey
- 1/2 tsp. garlic powder
- 1/2 tsp. Worcestershire sauce
- 1 tsp. hot chili oil, optional
(Ingles International Aisle)

CHICKEN:

- 8 Ingles deli chicken tenders,
cut into bite-sized pieces

SALAD:

- 4 small heads artisan lettuce,
cut into bite-sized pieces
- 2 stalks celery, sliced
- 2 carrots, sliced

- 1 pint grape tomatoes
- 1 English cucumber,
cut into bite-size pieces
- 4 oz. blue cheese crumbles
Laura Lynn ranch dressing or
Laura Lynn blue cheese dressing

1. Add all sauce ingredients to a pan. Cook over medium heat until butter is melted and ingredients are combined, about 5 minutes. Toss chicken tenders in sauce to coat.
2. Add lettuce to a large salad bowl. Top with celery, carrots, tomatoes, cucumber, blue cheese crumbles, and chicken. Toss together, and serve with the dressing of your choice.

Fresh in-store-chopped veggies and bagged lettuce will save you time.



UNICOI PRESERVES
Suzy & Clark Neal



Waldorf Chicken Salad

SERVES: 4-6

- | | | | | | |
|-----|---|-----|---|-----|--|
| 1/2 | roisserie chicken, cooled, deboned and chopped | 10 | red grapes, cut into pieces | 1/8 | tsp. mustard powder, or 1/2 tsp. prepared yellow mustard |
| 2 | stalks celery, washed and diced | 1/2 | tsp. granulated garlic | | |
| 1/2 | medium-sized Granny Smith apple, washed and diced | 1/4 | tsp. ground black pepper | 3-6 | tbsp. mayonnaise, to your liking |
| 1/2 | red onion, minced | 1/4 | tsp. Himalayan salt (add more to your liking) | 1 | handful toasted pecan pieces |
| | | 1/2 | lemon, juiced | 4 | bakery fresh croissants |

- | | | | |
|----|---|----|---|
| 1. | Cut croissants in half and set aside. | 4. | Adjust seasoning to taste. |
| 2. | Place all remaining ingredients in a medium bowl. | 5. | Fill each croissant with 3 to 4 tbsp. of salad mixture. |
| 3. | Mix gently to incorporate. | 6. | Serve and enjoy. |



CHEF CARLA FIGÁRO
Chef, Wellness Coach, and Life Consultant

Turn this tasty salad into a satisfying, crowd-pleasing appetizer by serving in mini croissants or on slider buns.



BRUCE BROWN
 Chef/Owner, Bruce's Fabulous Foods
 Star of ABC's "Carolina Kitchen"

Curried Pineapple Shrimp Salad

SERVES: 4

- | | | | | | |
|-----|---|-----|--------------------------------------|-----|-------------------|
| 1 | lb. shrimp, peeled and deveined, cooked and chilled | 1 ½ | cups mandarin orange pieces, drained | 1 ½ | tsp. curry powder |
| 1 ½ | cups celery, finely diced | 1 ½ | cups mayonnaise | | salad greens |
| 2 | cups pineapple tidbits, drained | 1 | tsp. salt | | pita bread wedges |

1. Place cooked shrimp, celery, pineapple, and mandarin oranges in a mixing bowl, lightly tossing to combine.
2. In another mixing bowl, whisk together the mayonnaise, salt, and curry powder until smooth.
3. Add the dressing to the shrimp mixture, folding until all ingredients are coated. Cover and chill for two hours and the salad has changed color.
4. Serve a large scoop on a bed of salad greens with sliced tomatoes, cucumbers, and red grapes. Or serve on pita bread wedges as a finger sandwich, garnished with roasted red pepper slices.



Greek Spaghetti

SERVES: 4



JASMIN QUEEN, CNC

Winner, "My Diet is Better Than Yours"

- | | | |
|---|------------------------------------|--------------------------------|
| 1 lb. chicken, cooked and cut into slices | 3 tbsp. flat-leaf parsley, chopped | 1 lemon |
| 1 lb. spaghetti | 1/2 cup Kalamata olives, pitted | 1 diced jalapeño, to add spice |
| 3 tbsp. capers | 1/2 cup feta cheese, crumbled | salt and pepper, to taste |
| 2 cups cherry tomatoes, halved | 6 tbsp. olive oil | |
| | 3 garlic cloves, minced | |

1. In a large bowl, combine the tomatoes, olives, feta, capers, parsley, salt, and pepper.
2. Cook spaghetti according to package directions and drain.
3. In a medium frying pan, heat the olive oil on medium-low heat. Add the garlic and cook, stirring for one minute.
4. Add the cooked pasta and garlic oil to the tomato mixture and toss. Top with chicken and freshly squeezed lemon juice.
5. Serve and enjoy!

Cutting carbs? Swap out the spaghetti for zucchini noodles.



Chicken and Zucchini Bake

SERVES: 4

- 4 boneless chicken breasts
- 3 tbsp. olive oil
- 1 tsp. salt and black pepper
- 1 tbsp. paprika

- 1 tbsp. oregano
- 1 tbsp. garlic powder
- 1-2 zucchinis, sliced
- 1 cup cherry tomatoes, sliced

- 1/2 cup shredded mozzarella
- 1/2 cup yellow onion, chopped

1. Preheat oven to 350°F. Season the chicken breasts with 2 tbsp. of olive oil, paprika, oregano, garlic powder, salt, and pepper. Add chicken to the casserole dish.
2. Layer onion, zucchini, and tomato on top of chicken.
3. Drizzle with remaining olive oil. Add more of the same seasonings on top of the vegetables if desired.
4. Top the chicken and vegetables with cheese.
5. Bake uncovered for 30 minutes.



KELLI SMITH & ERIN BARNETT
The Southern Table



CHEF ABBY J

Founder of Abby J's Gourmet / Proprietor Blackhawk Flyfishing

Taco Stuffed Avocados

SERVES: 4-8

- 4 avocados, ripe
- 1 lime, juiced
- 1 tbsp. extra virgin olive oil
- 1 medium onion, chopped
- 1 lb. ground beef
- 2 tsp. cumin
- 1/2 cup jalapenos, chopped
- 2 tsp. salt
- 2 tsp. pepper
- 3/4 cup Abby J's Roasted Garlic Salsa
- 1/2 cup sharp cheddar cheese, shredded
- 1/2 cup lettuce, shredded
- 1/2 cup cherry tomatoes, sliced
- 1/2 cup black olives, sliced
- 1 dollop of sour cream on each avocado
- cilantro, for garnishing

1. Halve and pit avocados. Using a spoon, scoop out a bit of avocado to create a larger well. Set avocado aside to use later.
2. Squeeze lime juice over halved avocados.
3. In a medium skillet over medium heat, heat oil. Add onions, jalapeños and cook about 6 minutes until tender.
4. Add ground beef and cumin. Season with salt and pepper, breaking up the meat with a wooden spoon. Cook until the beef is no longer pink, about 6 minutes. Remove from heat and drain fat.
5. Add Abby J's Roasted Garlic Salsa and mix well. Fill each avocado with beef mixture, then top with cheese, lettuce, tomatoes and olives. Garnish with cilantro and a dollop of sour cream.

***A low-carb "taco" loaded with a tons of flavor.
Perfect for lunch or a light dinner!***

Orange Rosemary Chicken

SERVES: 2

CHICKEN:

3 lbs. boneless chicken breasts
1/2 tsp. dried rosemary
1 tbsp. Laura Lynn's olive oil

1/4 tsp. pepper
2 garlic cloves
1 tsp. salt (or to taste)
1 large orange

1/2 cup Laura Lynn orange juice

GLAZE:

3 tbsp. orange marmalade
1/2 tsp. dried rosemary

1. Preheat your oven to 350°F.
2. Wash chicken, pat dry, and pound each chicken breast to an even thickness throughout.
3. Make a superficial cut on the top of each chicken breast and brush the chicken with olive oil.
4. Place the chicken in a foil-lined pan and top the chicken with salt, pepper, and rosemary, placing one clove of garlic inside the superficial cut of each chicken breast.
5. Place the orange juice, quartered orange, orange zest, and remaining clove of garlic on top of the chicken.
6. Roast uncovered in the oven until chicken is well browned, fork tender, and juices run clear when pierced with a fork about (approximately 20 minutes).
7. Make the glaze by mixing marmalade and dry rosemary. Brush onto the chicken and bake for another 10 minutes.



MARC & ANGELA RYAN
Newlyweds who love cooking
together

Spring Salad with Herbed Ricotta

SERVES: 4

HERBED RICOTTA:

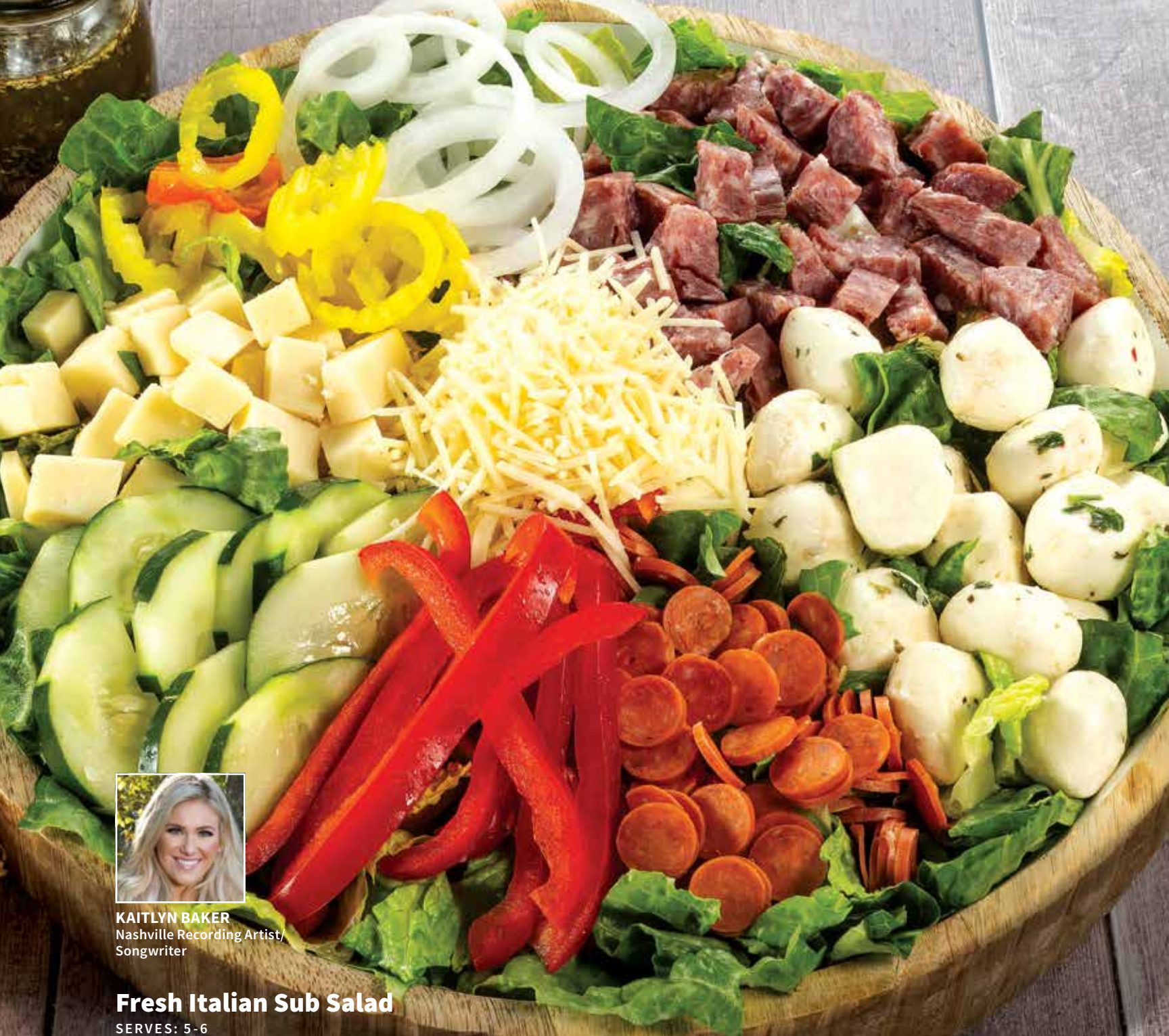
- 1/3 cup ricotta cheese
- 2 basil leaves,
chopped finely
- 1 tsp. fresh oregano,
chopped finely
- 1 tsp. fresh thyme,
chopped

SALAD:

- 2 tbsp. olive oil
 - 1 tbsp. balsamic vinegar
 - 1/4 tsp. salt, or to taste
 - 1/4 tsp. pepper, or to taste
 - 8 cherry tomatoes
 - 1 lb. heirloom tomatoes,
sliced
 - 1/2 English cucumber, sliced
 - 6 radishes, sliced
 - 1/2 red onion, sliced
 - 1 jalapeño pepper, chopped
 - 1/4 cup basil leaves, chopped
 - 1 tbsp. oregano leaves
1. In a small bowl combine the ricotta cheese with the basil, fresh oregano, and thyme. Set aside.
 2. In another small bowl whisk together the olive oil, balsamic vinegar, salt, and pepper.
 3. Arrange the tomato slices, cucumber, radishes, and onion on a large platter then drizzle with the dressing. Season with salt and pepper if needed, then top with peppers and dollop ricotta mixture evenly over the tomato slices.
 4. Garnish with fresh basil and oregano.
 5. Serve immediately and enjoy!



KELLI SMITH & ERIN BARNETT
The Southern Table



KAITLYN BAKER
Nashville Recording Artist/
Songwriter

Fresh Italian Sub Salad

SERVES: 5-6

ITALIAN SUB SALAD:

2 hearts of romaine lettuce, chopped
1/2 lb. salami, chopped
1/2 lb. provolone, chopped
8 oz. package fresh mozzarella balls
1 cup shredded Parmesan
1 package mini pepperoni
1 cucumber, sliced thin
1 red pepper, sliced into strips
1 cup mild pepper rings
1 white onion, sliced thin

SALAD DRESSING:

1/2 cup olive oil
1/3 cup red wine vinegar
1/2 tsp. garlic powder
1 tbsp. Italian seasoning
1 tbsp. honey
1 tsp. salt
1 tbsp. black pepper
1 tbsp. dried basil

1. Whisk together ingredients for salad dressing. Cover and set aside.
2. In a large bowl. Add romaine lettuce. Top with meats, cheeses, and remaining veggies.
3. Cover and refrigerate for 4 hours or overnight.



TAYLOR & LEAH HOWARD
cultivated-cocktails.com

Hoppin' Fields

SERVES: 1

INSTRUMENTS:

jigger

Cocktail shaker

Hawthorne strainer

Fine mesh strainer

INGREDIENTS:

2 oz. Asheville vodka

**3/4 oz. fresh blackberries
(extra for garnish)**

1/2 oz. hoppy brew, your choice

1/2 oz. lime juice
ginger beer

- 1. Muddle blackberries in a cocktail shaker.**
- 2. Add all ingredients, except ginger beer, to the cocktail shaker, filling halfway with ice and securely putting the shaker top on.**
- 3. Shake for 15 seconds.**
- 4. Double-strain the cocktail into your desired glass.**
- 5. Top with ginger beer and garnish with fresh blackberries.**



BRUCE BROWN

Chef/Owner, Bruce's Fabulous Foods
Star of ABC's "Carolina Kitchen"

Spicy Vegetable Couscous

SERVES: 4

- | | | | | | |
|---|----------------------------------|-----|-------------------------------|-----|------------------------------|
| 2 | tbsp. olive oil | 1 | cup carrots, diced | 2 | cups garbanzo beans, drained |
| 1 | cup yellow squash, diced | 2 | tbsp. garlic, pressed | 2 | cups green peas, drained |
| 1 | cup zucchini, diced | 1 | tsp. each salt, black pepper, | 2 | cups corn kernels, drained |
| 1 | cup red onion, diced | | cumin, cayenne pepper | 2 ½ | cups couscous |
| 1 | cup red pepper, seeded and diced | 1 ½ | tsp. curry powder | 3 ½ | cups boiling water |

1. In a glass bowl, combine the couscous and boiling water. Cover and allow to stand until all water is absorbed, about five minutes.
2. In a stock pot, warm the olive oil over medium-high heat. Sauté the onion, squash, red pepper, and carrots until softened, about three minutes. Add the pressed garlic and stir.
3. Add the garbanzo beans, peas, and corn to the pot. Stirring to combine. Season with all five spices, stirring to coat all vegetables.
4. Fluff the couscous with a fork and add to the sautéed vegetables, folding to incorporate. Cook until heated through.
5. Serve immediately or allow to cool and serve as a side dish.



SMOKIN' JOE LASHER
Co-Owner and Founder
M7 Event Solutions and Catering

Low Country Boil Net

SERVES: 4

- 1 lb. fresh, large shrimp, shell and tail on
- 3 ears corn on the cob, shucked, cleaned, cut into thirds
- 2 lbs. red potatoes, cut into chunks
- 4 links smoked Andouille sausage, sliced into rounds
- 1 lb. salted butter

- 1 tbsp. Cajun seasoning
- 1 tbsp. minced garlic
- 1 bag crab/crawfish boil seasoning
- 4 boil nets, optional (available through a variety of online shopping resources)

1. Par-cook potatoes by placing them in the appropriate size pot on the stovetop in cold water. Bring to a boil, monitoring potatoes until they just start to soften. Pour potatoes into a strainer over the sink and immediately run cold water over the potatoes to stop the cooking process.
2. Par-cook the corn by following the same procedure as the potatoes. Bring to a boil until corn just begins to soften. Pour into a strainer and run cold water over to stop the cooking process.
3. If you are building individual bags: Place three pieces of corn, 1/4 lb. of red potatoes, 1 link of Andouille sausage slices, and 1/4 lb. of large shrimp into the bag and tie at the top. Place in refrigerator until ready to cook. IF you are NOT using boil bags, place corn, potatoes, shrimp, and sausage in the refrigerator until ready to cook.
4. Time to cook! Fill a large stock pot with an appropriate amount of water to cover all ingredients. Place on the stovetop and bring to a boil.
5. While waiting for water to boil, in a small saucepan, add butter, garlic, and Cajun seasoning and melt over low heat, stirring occasionally.
6. When water begins to boil, add the crab/crawfish boil seasoning and stir.
7. Add premade boil bags OR all separate ingredients to the boil and let cook for 3-4 minutes max. If you want to check the internal temperature of shrimp, it should read 155°F minimum.
8. Remove from water and serve on your favorite plate or platter with a side of melted Cajun butter and serve immediately. Ça c'est bon! That's good eating!

Lemon Squares

MAKES 16 SQUARES

CRUST:

- 1 cup Laura Lynn all-purpose flour
- 1/2 cup Laura Lynn unsalted butter, room temperature
- 1/4 cup Laura Lynn powdered sugar
- Laura Lynn cooking spray

TOPPING:

- 1. Preheat oven to 350°F. Spray 8-inch pan with cooking spray.
- 2. Make the crust. Add flour, butter, and 1/4 cup powdered sugar to a medium mixing bowl, and combine with a fork. Press into the prepared pan.
- 3. Bake crust for 20 mins. Remove from oven.
- 2 Laura Lynn eggs, large
- 1 cup Laura Lynn granulated sugar
- 1 lemon, zested
- 3 tbsp. lemon juice, fresh
- 1/2 tsp. baking powder
- Dash salt
- powdered sugar, for dusting
- 4. While the crust is baking, whisk together eggs, sugar, lemon zest, juice, baking powder, and salt.
- 5. Pour over the hot crust, and bake for 15 minutes, or until lightly browned on top. Cool completely in the pan.
- 6. Dust with powdered sugar, and cut into squares.



UNICOI PRESERVES
Suzy & Clark Neal

This is a Neal family favorite, handed down from Clark's mom, Mollie. For the best flavor, use fresh, not bottled, lemon juice.



CHEF CARLA FIGÁRO
Chef, Wellness Coach, and Life Consultant

No Bake Blackberry Cheesecake Parfait

SERVES: 4-6

- | | | | |
|-----|---|---|---|
| 1 | pint heavy whipping cream, chilled | 1 | pinch Himalayan salt |
| 8 | oz. cream cheese, at room temperature | 1 | tsp. fresh lemon juice |
| 2 | oz. Greek yogurt or fat-free sour cream | 1 | package crispy cookies of your choosing, crumbled |
| 1/2 | cup sugar | 1 | tbsp. granulated sugar |
| 1/2 | tsp. Madagascar vanilla | 2 | tbsp. sweet cream salted butter |
| 1 | 16 oz. frozen blackberries | 1 | pint fresh blackberries |
| 2 | tbsp. raw sugar (adjust to taste) | | |

1. In a small deep bowl whip cream cheese, vanilla, yogurt, and sugar until sugar is dissolved and the mixture is light and fluffy, set aside.
2. Pour whipping cream into a chilled glass or steel bowl and whip until stiff peaks form. Fold in cream cheese mixture and place in the fridge until ready to assemble.
3. In a small bowl add cookie crumbles, sugar, and butter. Incorporate until sandy crumble forms. Toast in a skillet until lightly brown or spread onto a parchment-lined cookie sheet and bake at 350°F for 8 to 10 minutes. Set aside to cool.
4. In a blender add frozen blackberries, sugar, and salt. Purée until smooth. The mixture may be used as is or passed through a cheesecloth or fine mesh sieve to remove seeds.
5. In a parfait or wine glass place 2-3 tbsp. cookie mixture, 2 heaping tbsp. cream cheese mixture, 2 tbsp. berry mixture, 2 tbsp. cream cheese mixture, 1 tbsp. berry mixture, 1 tbsp. cream cheese mixture.
6. Sprinkle with a dusting of the cookie mixture then garnish with the fresh berries and mint leaves.
7. Serve and enjoy.

This recipe makes an impression in any size glass, large or small.



TAYLOR & LEAH HOWARD
Cultivated-cocktails.com



Dirty Martini

SERVES: 1

- 2 oz. Asheville Vodka or Hwy. 9 Gin dry vermouth, wash for glass pimento and blue cheese olives, for garnish
 - 1/2 oz. olive brine
1. Wash the glass with a splash of vermouth by swirling it in the glass and then dumping it.
 2. Mix your spirit, olive brine, and ice into a shaker tin.
 3. Shake generously for 10 seconds or until the shaker is frosted.
 4. Strain liquid from the shaker into your martini glass containing vermouth wash.
 5. Garnish with 3 olives.

Dirty Martini Dip

SERVES: 4

- | | |
|---------------------------------|--------------------|
| 1/4 tsp. garlic powder | 4 oz. blue cheese |
| 1/4 tsp. onion powder | 8 oz. cream cheese |
| 1 tbsp. olive juice | 1 cup sour cream |
| 3/4 cup pimiento-stuffed olives | |
1. Mix sour cream and cream cheese in a large bowl with a fork or mixer.
 2. Add in olive juice and blue cheese and mix thoroughly.
 3. Add garlic and onion; mix thoroughly.
 4. Top with olives and serve immediately with carrots, celery, and crackers.

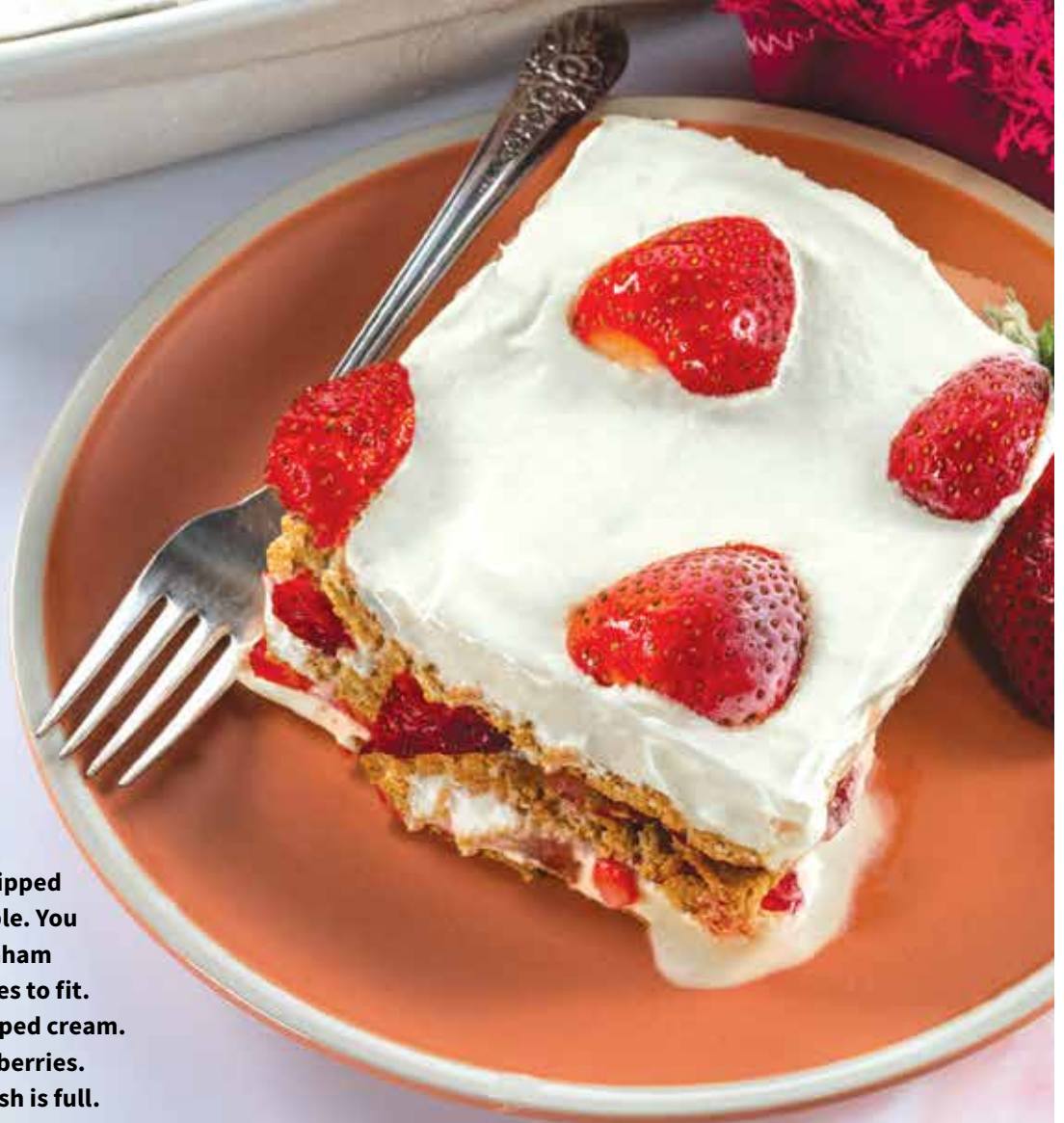


KAITLYN BAKER
Nashville Recording Artist/Songwriter

Strawberry Ice Box Cake

SERVES: 6-10

- 16 oz. whipped topping
 - 12 graham crackers
 - 2 cups strawberries, sliced
1. Spread a layer of whipped topping in the bottom of your baking dish, about 1/2 inch thick.
 2. Add a layer of graham crackers, covering the whipped topping as much as possible. You may need to break the graham crackers into smaller pieces to fit.
 3. Add another layer of whipped cream.
 4. Lay a layer of sliced strawberries.
 5. Repeat until the baking dish is full.
 6. Cover and refrigerate until ready to serve, at least 3-4 hours.



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