

A NOTE FROM CINDY

As the days grow shorter and the air takes on that crisp edge of a autumn, I find myself reflecting on the simple joys this season brings. The colors outside our windows shift from bright summer greens to a tapestry of golds, reds, and oranges, reminding us that change can be both beautiful and comforting.

At Ingles Table, Fall is one of our favorite times of year. It's the season of gathering—around the dinner table, at football games, or at a cozy kitchen counter with a mug of something warm. It's about pulling out those beloved recipes that taste like tradition while also finding new dishes to add to your family's story.

This issue captures that spirit. You'll discover hearty meals perfect for cool evenings, sweet treats to share with neighbors, and plenty of inspiration for making the most of the harvest season. Just as our Summer issue focused on fresh beginnings and outdoor celebrations, this Fall edition carries forward that same sense of connection—only now with sweaters, pumpkins, and the glow of a fire close by.

No matter how you celebrate this season, we hope these pages inspire you to cook, share, and savor every moment. From our Ingles family to yours, thank you for letting us be part of your table.

-Cindy

Cindy Mixon / Ingles Markets - Vice President - Deli/Bakery/Starbucks

Soups and stews made with freshly cut fall and winter veggies are extremely comforting this season. Chop up what's fresh and let it all simmer into a hearty, flavorful meal or find plenty of delicious soup and stew recipes waiting for you at the Ingles Table website.

And while we're talking comfort, take a look at the potatoes on this page. Wrapped with onion and bacon slices before baking, they're an easy way to turn a simple potato into a savory appetizer or a satisfying side dish.

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There are so many more recipes at ingles-markets.com in the Ingles Table section.

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for the Busy American Family



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Winner or the TV Show
"My Diet is Better Than Yours"



ANGELA & MARC RYAN

Newlyweds who Love
Cooking Together



CHEF DEREK ST. ROMAIN

Director of Culinary Services for

"Living at Terrabella" Senior

Community in the Carolinas



SCOTT CULPEPPER'S

Raspberry Braid

MAKES: 2 BRAIDS

BRAID:

2 sheets puff pastry, thawed but still cold

8 oz cream cheese, softened

3 tbsp granulated sugar

1 tsp vanilla extract

1 cup seedless raspberry jam

1 cup fresh raspberries, lightly mashed

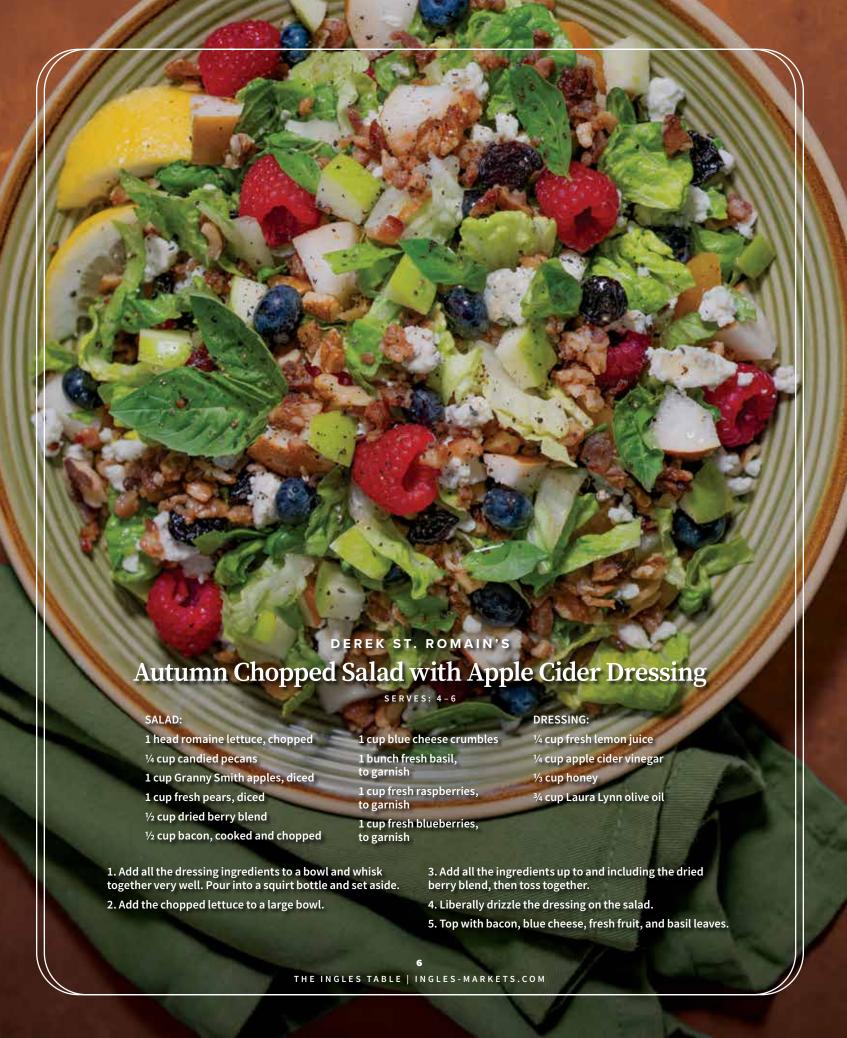
1 egg, beaten with 1 tbsp water (for egg wash)

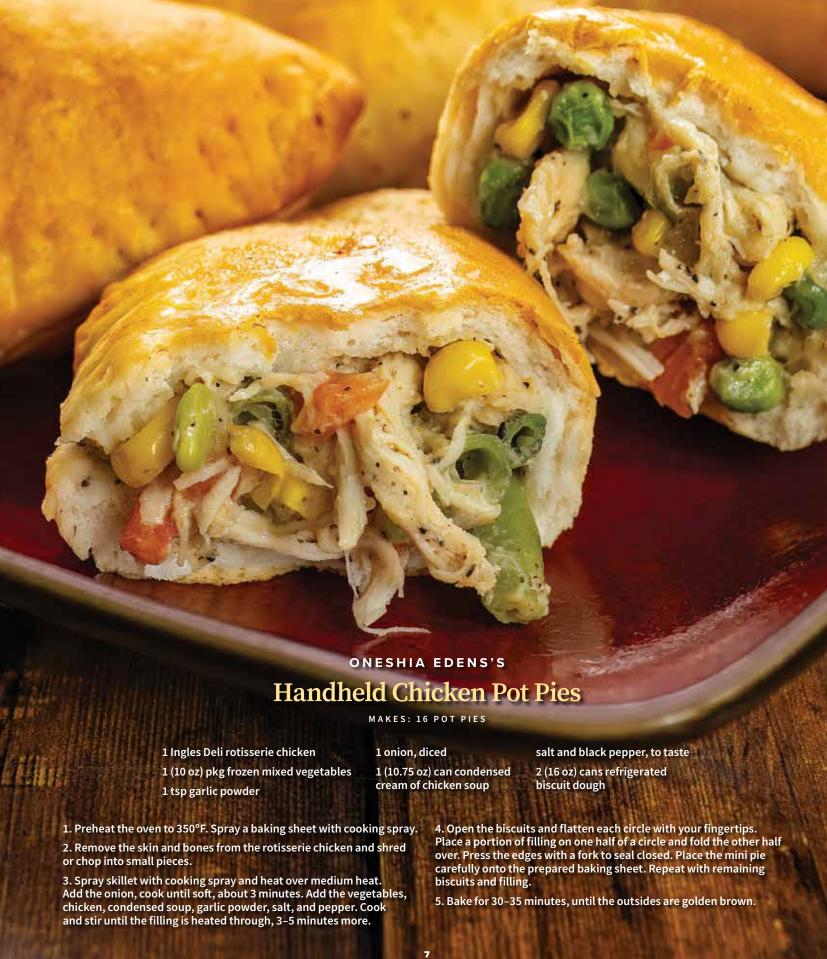
GLAZE:

½ cup powdered sugar1-2 tbsp milk or cream½ tsp vanilla extractSliced almonds, for garnish

- 1. Preheat the oven to 400°F. Line a baking sheet with parchment paper.
- 2. Roll the puff pastry sheets slightly to smooth and even out.
- 3. In a small bowl, beat together the cream cheese, sugar, vanilla, and jam until smooth.
- 4. Spread the cream cheese mixture down the center of each pastry sheet, leaving 2–3 inches on each side. Top cream cheese with mashed raspberries.
- 5. With a sharp knife, cut 1-inch diagonal strips down each side of the pastry, from the filling to the edge.
- 6. Fold the strips over the filling, alternating sides to create a braid.
- 7. Brush each braid with egg wash and garnish with sliced almonds. Place each braid on the prepared baking sheet.
- 8. Bake for 22–28 minutes, until puffed and golden brown. Cool on the baking sheet for at least 15 minutes.
- 9. For the glaze, whisk together the powdered sugar, milk, and vanilla until smooth. Drizzle over the cooled braids and serve.







ABBY J'S

Hot Caprese Phyllo Cups with Ricotta & Pine Nuts

SERVES: 12

1 pkg (15 count) mini phyllo shells

1 cup ricotta cheese (whole milk for best creaminess)

2 tbsp cream

1 tbsp extra virgin olive oil

1 tsp lemon zest

1/4 tsp salt

1/8 tsp black pepper

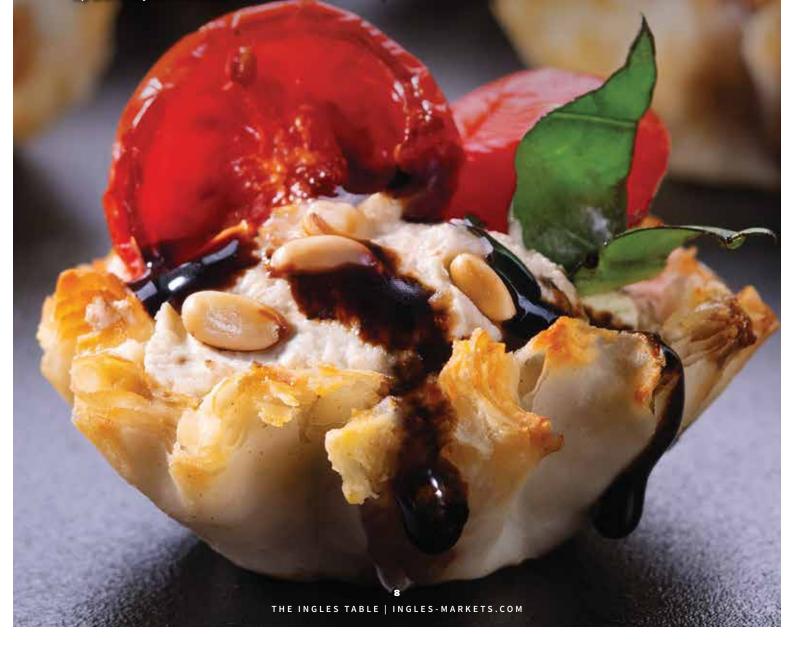
1 cup cherry tomatoes, halved

2 tbsp fresh basil, thinly sliced

2 tbsp toasted pine nuts

balsamic glaze, for drizzling

- 1. Preheat the oven to 375°F. Arrange the phyllo cups on a parchment-lined baking sheet.
- 2. Combine the ricotta, cream, olive oil, lemon zest, salt, and pepper. Blend until smooth, about 1 minute. Add the pine nuts and transfer to a piping bag.
- 3. Pipe the ricotta mixture or spoon into each shell and top with cherry tomato halves.
- 4. Bake for 10–12 minutes, or until the tomatoes soften.
- 5. Remove from the oven. Sprinkle with fresh basil and drizzle lightly with balsamic glaze.
- 6. Enjoy immediately while the cups are crisp and warm—the perfect bite of sweet tomatoes, creamy ricotta, nutty crunch, and fresh basil.





JASMIN QUEEN'S

Chicken and **Waffle Skewers**

SERVES: 4-6

MAPLE SYRUP:

CHICKEN TENDERS:

1 cup maple syrup

4-6 chicken tenders, cut into bite-sized

1 jalapeño, diced

pieces

1 yellow chili pepper, diced

1 tsp paprika

1 red chili pepper,

1/2 tsp garlic powder

diced

4 cloves garlic, diced

1/2 tsp onion powder 1/8 tsp cayenne pepper

1/4 tsp salt

EGGS:

1/4 tsp pepper

18 eggs

1 cup buttermilk

1/4 cup milk

1 egg

1 tbsp cornstarch

thick-cut bacon

11/2 cups flour

mini waffles, toasted candied jalapeños

skewers

- 1. Pour the maple syrup into a jar and add the jalapeños, peppers, and garlic. Let marinate overnight.
- 2. In a small bowl, combine the paprika, garlic powder, onion powder, cayenne, salt, and pepper. Add the chicken chunks to the seasoning and let marinate for at least 1 hour.
- 3. Preheat the oven to 350°F. Mix the eggs with milk and pour the mixture into a 10 × 15 sheet pan with a high rim. Place into the preheated oven for 20 minutes. Remove from the oven, let cool, and cut into squares. Set aside until ready to use.
- 4. Cook the bacon, making sure it doesn't get extra crispy. You want it flexible enough to put on a skewer. Set aside until ready to use.
- 5. Fill a large skillet about halfway with vegetable oil. Heat the oil to 350°F.
- 6. Whisk the buttermilk and egg together in a bowl. In a separate bowl, stir the flour and cornstarch together. Dip the chicken in the buttermilk mixture, then dredge in the flour mixture. Fry the chicken until golden brown on each side. Remove from oil and place on paper towels. Set aside until ready to use.
- 7. Assemble the skewers by adding a mini waffle, egg square, bacon, chicken bite, and candied jalapeño. Serve with warm maple syrup.

CHEF'S NOTE:

This is one of the quickest brunch/breakfast recipes I've ever made and people love it.







MARC AND ANGELA RYAN'S

Braised Red Cabbage with Gremolata Sauce

SERVES: 6

RED CABBAGE:

- 1 sm head red cabbage
- 4 tbsp Laura Lynn extra-virgin olive oil
- ⅓ cup water
- 4 tbsp apple cider vinegar
- 4 tbsp sugar
- salt, to taste

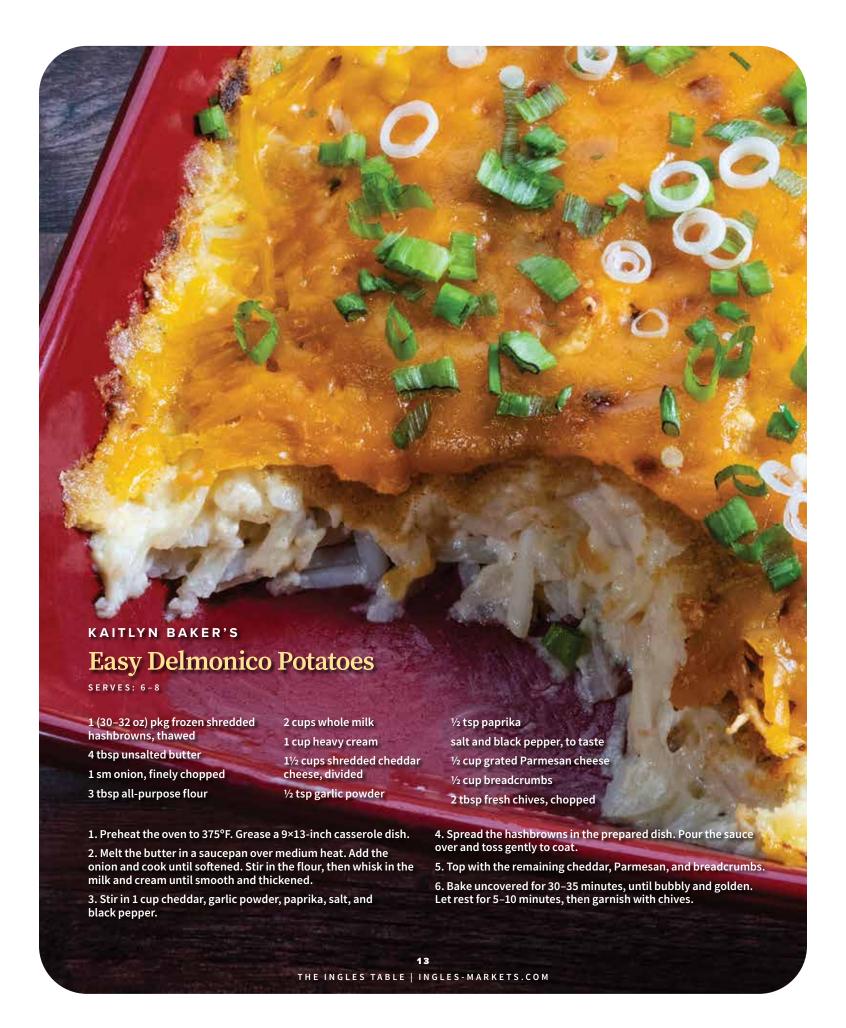
GREMOLATA SAUCE:

- 1 bunch parsley, finely chopped
- 2 tsp lemon zest
- 1/2 fresh lemon, juiced
- 2 cloves garlic, minced
- $1\!\!/_{\!2}$ cup walnuts, to asted and chopped
- 1 cup extra-virgin olive oil
- 1/8 tsp salt
- 1. Cut the cabbage in half lengthwise and remove the core from each half.
- 2. Place the halves cut-side down and slice into thin, even ribbons.
- 3. Heat the olive oil in a large skillet over medium heat until shimmering. Add the cabbage and season with salt, to taste.
- 4. Cook, stirring occasionally, until the cabbage is evenly seared and begins to caramelize.
- 5. Add the water, vinegar, and sugar. Continue cooking until the liquid reduces and the cabbage is tender. Set aside.
- 6. In a small bowl, combine the parsley, lemon zest, garlic, and walnuts. Gradually stir in the olive oil until the mixture reaches your desired consistency.
- 7. Stir in the lemon juice and salt. Spoon the finished sauce over the braised cabbage and scatter a few walnuts on top right before serving.

CHEF'S NOTES:

Choose a small, fresh cabbage head for a more tender texture.

Use leftover cabbage to make a Reuben sandwich.



DALLAS MCCADE'S

Roasted Beet, Ricotta and Orange Salad

SERVES: 4

SALAD:

1 (16 oz) jar beets, drained

2 tbsp extra-virgin olive oil

1 cup fresh plant-based ricotta

1 tbsp freshly squeezed lemon juice

4 sprigs thyme, chopped

2 lg oranges, peeled and quartered

4 handfuls arugula

1 lg shallot, thinly sliced

flaky sea salt, such as Maldon

DRESSING:

3 tbsp extra-virgin olive oil

1 tbsp freshly squeezed orange juice

1 tbsp champagne vinegar

2 tsp freshly squeezed lemon juice

2 tsp honey

Kosher salt, to taste freshly ground black pepper, to taste

- 1. Preheat the oven to 400°F.
- 2. Toss the beets with olive oil and season with salt and pepper, to taste. Transfer the beets to a cookie sheet lined with parchment paper and roast for 20 minutes.
- 3. While the beets are roasting, whisk together the ricotta, lemon juice, and thyme in a small bowl. Transfer to an airtight container and store in the refrigerator until ready to use.
- 4. Prepare the dressing in a small bowl by whisking together olive oil, orange juice, vinegar, lemon juice, and honey. Season with salt and pepper to taste. Set aside.
- 5. Slice the oranges into 1-inch chunks.
- 6. Spread ¾ cup ricotta into a thin layer on a large serving dish, and cover with a layer of arugula. Top with an even distribution of beets, orange chunks, and sliced shallot.
- 7. Drizzle the dressing over the salad, dollop on the remaining ricotta, sprinkle with sea salt to taste, and serve immediately.



Preserving the Harvest

Simple steps to keep your fall and winter harvest fresh for months

Buying seasonal produce now doesn't just mean enjoying it today—it can also stock your kitchen for the colder months ahead. Many vegetables are natural keepers when stored the right way, staying fresh long after you bring them home.

Potatoes, squash, onions, garlic, apples, and hearty root vegetables can all last for weeks or even months if kept in the right conditions. With just a little planning, you can build a pantry that's ready for soups, roasts, and hearty winter meals without extra trips to the store.

Proper storage makes your grocery shopping go further and ensures that the flavors of the season are there whenever you're ready. Think of it as preparing today for the comfort meals you'll want tomorrow.

VEGETABLES/FRUITS	STORAGE CONDITIONS	SUGGESTED HOUSEHOLD LOCATION	SHELF LIFE
Carrots, Beets, Parsnips, Turnips, Cabbage	Cool, Dark & Humid (32–40°F)	Basement or unheated garage; boxes with sand/sawdust	3-6 months
Potatoes	Cool, Dark & Well-Ventilated (45–50°F)	Pantry or basement; avoid fridge; keep away from onions	4–6 months
Onions, Garlic	Cool, Dry & Dark (32–40°F)	Pantry, cupboard, or mesh bags in a dry place	4-6 months
Winter Squash (Butternut, Acorn, etc.)	Cool, Dry Spot (50-55°F)	Closet or cupboard in a cool room; do not stack	2-4 months
Apples	Cool, Slightly Humid (30–35°F)	Fridge crisper drawer or cool garage; away from other produce	2-4 months

Garlic and Gouda Mashed Cauliflower

SERVES: 4

1 head cauliflower, cut into florets

32 oz vegetable broth

6 cloves garlic

2 tbsp sour cream

6 tbsp butter, divided

¼ cup heavy whipping cream

4 oz Gouda cheese, shredded

salt, to taste generous grinds of

black pepper green onions, sliced

- 1. Roast the garlic in the oven for 30 minutes at 400°F.
- 2. Pour the vegetable broth into a large stock pot and heat over medium-high heat. Place the cauliflower florets into the broth, cover, and simmer for 25 minutes.
- 3. Melt 4 tbsp butter and add it to a bowl with the roasted garlic, sour cream, and heavy whipping cream. Whisk the ingredients together.
- 4. Using a slotted spoon, transfer the cauliflower to the sauce and mash to desired consistency.
- 5. Add the cheese, salt, and pepper to the cauliflower and mix until the cheese is melted.
- 6. Top with more pepper, butter, and green onions.



Table for Two EASY MEALS MADE JUST FOR TWO DEBORAH ADAMS'S Coq Au Vin and Mashed Potatoes RECIPE ON PAGE 28 THE INGLES TABLE | INGLES-MARKETS.COM





SMOKIN' JOE LASHER'S

Sage and Gruyère Stuffed Meatballs with Tomato Cream Sauce

SERVES: 6

MEATBALLS:

1 lb ground beef (80/20)

1 lb ground pork (or all beef if preferred)

1 cup Italian seasoned breadcrumbs

1 lg egg

2 cloves garlic, minced

2 tbsp fresh sage, finely chopped (or 1 tbsp dried)

1/2 cup finely grated Parmesan

11/2 tsp kosher salt

½ tsp freshly ground black pepper

4 oz Gruyere cheese, cut into ½-inch cubes (about 20 pieces)

TOMATO CREAM SAUCE:

2 tbsp olive oil

1 sm onion, finely diced

3 cloves garlic, minced

1 (28 oz) can crushed tomatoes

½ tsp red pepper flakes (optional)

1 tsp dried oregano (or Italian seasoning)

1 tsp sugar

1/2 tsp kosher salt, to taste

1/2 cup heavy cream

1/2 cup grated Parmesan

1. Preheat the oven to 400°F.

- 2. Place the breadcrumbs in a medium to large mixing bowl. Add the beef, pork, egg, garlic, sage, Parmesan, salt, and pepper. Mix gently until combined.
- 3. Scoop about 2 tbsp of the mixture, flatten slightly, place a cube of Gruyère in the center, and wrap the meat around to seal. Roll into a ball. Repeat until all meatballs are formed.
- 4. Heat a skillet with olive oil over medium-high heat. Brown the meatballs on all sides in batches. Transfer to a baking sheet and finish in the oven for 10–12 minutes, until cooked through.
- 5. To make the sauce, heat the olive oil in a saucepan over medium heat. Sauté the onion until soft, about 5–6 minutes.

6. Add the garlic and cook for 1 minute.

- 7. Stir in the crushed tomatoes, red pepper flakes, oregano, sugar, and salt. Simmer for 15–20 minutes.
- 8. Stir in the heavy cream and Parmesan. Taste and adjust seasoning as needed.
- 9. Add the cooked meatballs to the sauce and simmer gently for 5 minutes to meld the flavors.
- 10. Plate in a shallow pasta bowl with plenty of sauce. Top with grated or shredded Parmesan and serve with slices of crusty Italian bread or baguette.



DEREK ST. ROMAIN'S

Crabcakes on Crostini with Lemon Dill Sauce

SERVES: 4-6

CRABCAKES:

1 cup Laura Lynn mayonnaise

1 tbsp Worcestershire sauce

2 tsp Cajun seasoning

1/4 cup sm rib celery, minced

1 lb fresh lump crab meat

1/2 cup panko breadcrumbs

2 tbsp butter

1 (10 oz) pkg pre-made crostinis

SAUCE:

1 cup Laura Lynn mayonnaise

2 tbsp dried dill

2 tbsp lemon juice

1/2 tsp cayenne pepper

- 1. Add all the ingredients of the sauce into a bowl and mix together. Add the sauce to a small squirt bottle and set aside.
- 2. To begin the crabcakes, add the first 5 ingredients to a medium bowl and mix well.
- 3. Add the panko breadcrumbs and gently fold them in to incorporate.
- 4. Form 12-15 patties small enough to fit on the crostinis.
- 5. Place a large skillet over medium-high heat. Spray a thin layer of oil to coat the pan.
- 6. Carefully place the patties in the hot pan. You should hear a sizzle. Pan-fry for 2 to 4 minutes per side, or until the exterior is golden brown and crispy. Be gentle when flipping to avoid them breaking apart.
- 7. Spread the crostinis out on a serving platter and place 1 crabcake on each crostini.
- 8. Use the sauce in the squirt bottle to drizzle over each crabcake.
- 9. Serve immediately, or cover and refrigerate if making ahead.

SUZY AND CLARK NEAL'S

Slow Cooker Ribs with Maple Chipotle BBQ Sauce

SERVES: 4-6

RIBS:

2 (3 lb) racks baby back ribs BBQ rub seasoning (your favorite) ½ cup low-sodium chicken stock ¾ tsp liquid smoke, hickory

SAUCE:

1 (18 oz) bottle Laura Lynn
honey barbecue sauce
1/2 tsp coarse ground
black pepper
1/8 cup apple cider vinegar
1/4 tsp chipotle powder

- 1. Use a paper towel to remove the membrane from the ribs, then pat dry. Cut the rack into 3 portions, making sure to cut between the bones. Liberally dust the ribs with BBQ rub.
- 2. Stack the ribs in a slow cooker.
- 3. Stir together chicken stock and liquid smoke, then pour over the ribs.
- 4. Cover and cook on low for 5-6 hours, or until tender.
- 5. While the ribs are cooking, make the sauce. Combine all sauce ingredients in a saucepan and simmer for

- 10 minutes, stirring occasionally. Cool and refrigerate until ready to use.
- 6. When the ribs are tender, line a sheet pan with foil and remove the ribs to the pan. Brush one side with BBQ sauce.
- 7. Drop the oven's broiler rack 5-6 inches below the heating element; preheat on high. Broil the ribs about 5 minutes per side, or until the ribs are bubbly and the glaze is set.
- 8. Serve immediately with coleslaw, mac and cheese, and Texas toast.



TABLE FOR TWO DEBORAH ADAMS'S

Flounder Meuniere with Roasted Green Beans and Tomatoes

SERVES: 2

8 oz green beans, cleaned and trimmed

2 tomatoes, cleaned, cored, and quartered

2 tsp olive oil

2 tbsp thyme sprigs, leaves pulled from stems

1/2 tsp garlic powder

salt and pepper, to taste

1 lemon, cleaned, seeded, and sliced

1 tsp lemon juice

2 portions flounder, thawed

1/4 cup all-purpose flour

1 tbsp canola oil

3 tbsp unsalted butter

2 tbsp fresh parsley, finely chopped

- 1. Preheat the oven to 425°F.
- 2. Prepare a sheet pan with aluminum foil, drizzled with olive oil or cooking spray.
- 3. Toss the beans and tomatoes with olive oil, garlic powder, thyme, salt, and pepper. Spread the tomatoes and beans on the sheet pan; roast for 15 minutes, or until they start to brown.
- 4. Gently pat flounder dry with paper towels.
- 5. Place the flour on a large plate and season well with salt and pepper. Lightly dredge the fish on both sides in the flour, gently tapping off any excess.
- 6. Heat canola oil over medium-high heat in a large skillet. When the oil is shimmering, add 1 tbsp butter. Fry the fish for 4–5 minutes until browned. Gently turn over and cook for an additional 2–3 minutes. Remove to a plate.
- 7. Return the pan to low heat. Place the lemon slices in the pan and add the remaining butter. Cook, stirring often, for 2–3 minutes, until the butter begins to brown. Turn off the heat. Gently add the remaining lemon juice into the sauce, stirring to combine.
- 8. Remove the green beans and tomatoes from the oven.
- 9. Plate the beans and tomatoes with the fish. Drizzle the sauce over the fish and serve.

S'mores Tart

SERVES: 10-12

2 cups graham cracker crumbs

1/2 cup unsalted butter, melted

1/4 cup sugar

12 oz semisweet chocolate chips

1 cup heavy cream

1 tsp vanilla extract

pinch of salt

4–5 cups mini marshmallows (or mix of large and mini for texture)

- 1. Preheat the oven to 350°F. Line the bottom of a springform pan with parchment paper.
- 2. To make the crust, mix the graham cracker crumbs, melted butter, and sugar. Press into the bottom and slightly up the sides of the pan. Bake for 8–10 minutes, until lightly golden. Let cool.
- 3. To make the ganache, heat the cream until just simmering. Pour over the chocolate chips and let sit for 2–3 minutes. Stir until smooth, then add the vanilla and salt. Pour the ganache into the crust and chill for 1–2 hours, until set.
- 4. Top with marshmallows. Toast with a kitchen torch, or broil for 30–60 seconds, watching carefully.

CHEF'S NOTE:

This tart can be messy. When slicing, use a hot knife, cleaning between each cut.

PHOTO ON PAGE 29

SCOTT CULPEPPER'S

Eggnog Crème Brûlée

MAKES: 6

CUSTARD:

2 cups eggnog (store-bought or homemade)

1 cup heavy cream

6 lg egg yolks

1/2 cup granulated sugar

1 tsp pure vanilla extract

1/4 tsp freshly grated nutmeg (plus more for garnish)

Pinch of salt

TOPPING:

6-8 tsp granulated sugar

- 1. Preheat the oven to 325°F. Place 6 ramekins in a large roasting pan or deep baking dish.
- 2. In a medium saucepan, combine the eggnog and heavy cream. Heat over medium heat until warm but not boiling. Remove from heat.
- 3. In a large bowl, whisk together the egg yolks, ½ cup sugar, vanilla, nutmeg, and salt until pale and slightly thickened.
- 4. Slowly pour the hot eggnog mixture into the yolks while whisking constantly to temper the eggs and prevent scrambling.
- 5. Strain the custard through a fine-mesh sieve into a pitcher or large measuring cup. Pour evenly into the ramekins.
- 6. Carefully pour hot water into the roasting pan so the water comes about halfway up the outsides of the ramekins, creating a water bath.
- 7. Bake for 35-45 minutes, until the centers are set but still slightly jiggle when tapped.
- 8. Remove the ramekins from the water bath, let them cool to room temperature, then refrigerate for at least 4 hours.
- 9. Just before serving, sprinkle 1-1½ tsp sugar evenly over each custard. Use a kitchen torch to melt and caramelize the sugar until golden brown. Alternatively, place the ramekins under a broiler for 2-3 minutes, watching closely.
- 10. Let the caramel harden for about 1–2 minutes. Sprinkle with fresh nutmeg or cinnamon for extra holiday flavor. Serve with whipped cream and a cinnamon stick garnish.

PHOTO ON PAGE 26

PHOTO ON PAGE 23

Table for Two EASY MEALS MADE JUST FOR TWO

DEBORAH ADAMS'S Flounder Meuniere with Roasted Green Beans and **Tomatoes**

RECIPE ON PAGE 22

Ask Leah

CORPORATE DIETITIAN FOR INGLES MARKETS

ELEVATE FALL AND WINTER FAVORITES

With fall in the air and cooler temperatures, we start thinking about beverages and foods that we might find comforting, warming and nourishing.

Here are some ways to elevate some of those fall favorites:

BEVERAGES

Add a stick of cinnamon to hot tea, apple cider or hot chocolate.

Add fresh peeled and sliced ginger to herbal teas.

CHILI

Top your chili with freshly grated sharp cheddar cheese from the Ingles gourmet section and have it with some homemade corn bread (a box mix works great!) or buy some cornbread from the Ingles Deli.

SOUPS

Grate some fresh parmesan cheese onto your crockpot soups and serve with some rolls from the Ingles Bakery or find biscuits in the Ingles Frozen section or refrigerated Grocery section.

SALADS

Buy peeled and cubed butternut squash in the Ingles Produce section or Frozen foods and roast to add to your spinach or arugula salad or to your whole grains like quinoa, barley, or farro.

PASTA

Instead of spaghetti or macaroni look for stuffed pasta shells in Frozen foods or the refrigerated dairy section.

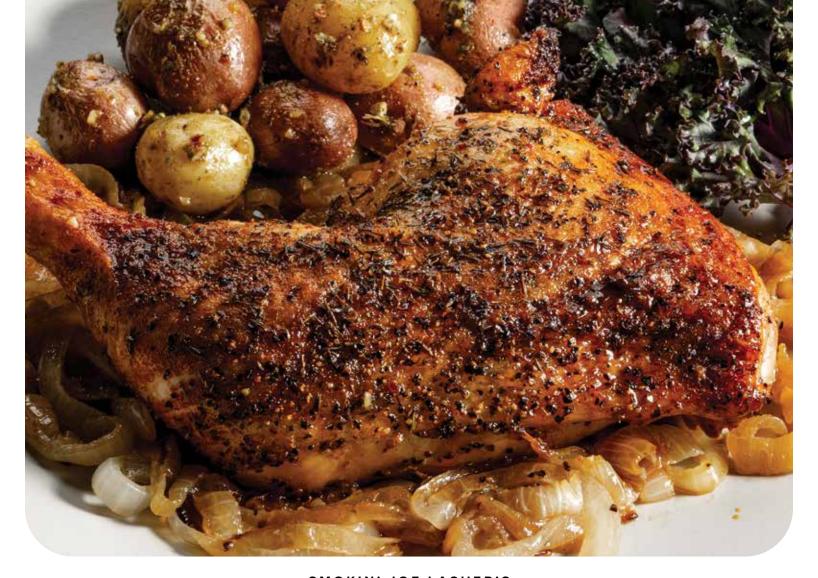
Top pasta with sauce and fresh grated parmesan cheese.

COBBLERS, QUICK BREADS AND MUFFINS

Think about adding some fresh, frozen or canned cranberries to fruit cobblers, quick breads and muffins for a fall flavor.



LEAH MCGRATH RD, LDN lmcgrath@ingles-markets.com



SMOKIN' JOE LASHER'S

French Onion Roast Chicken Quarters

SERVES: 4

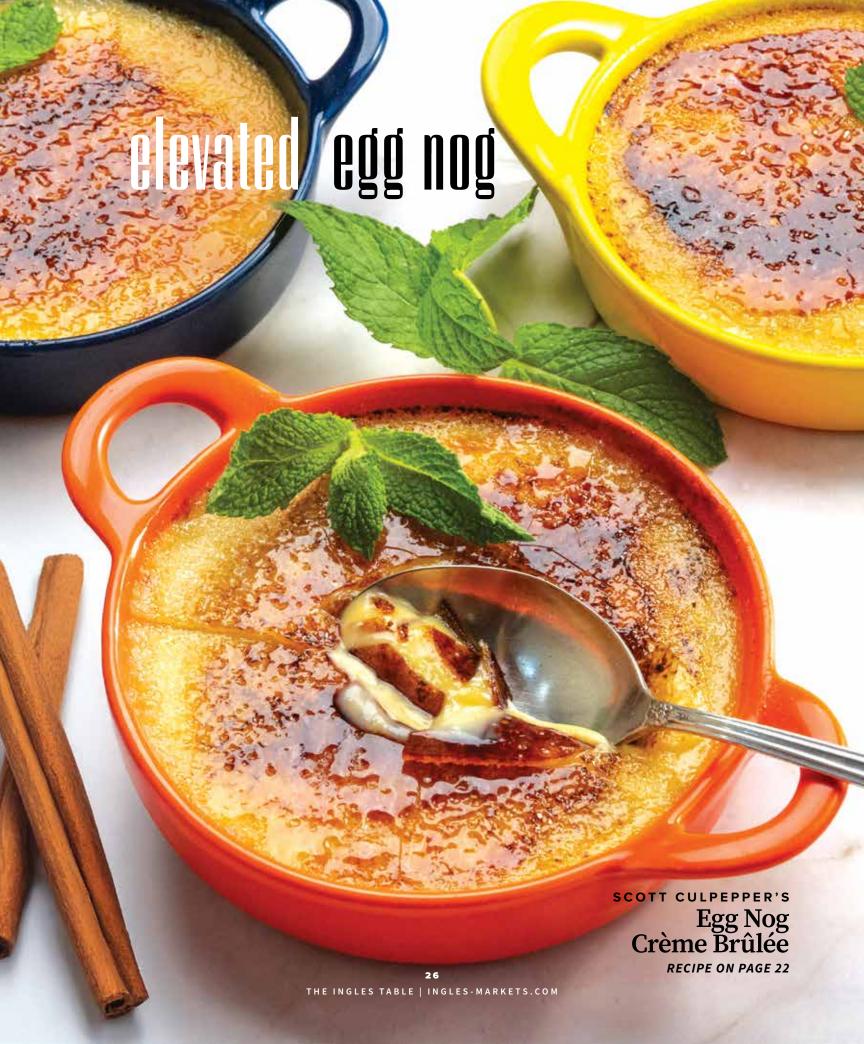
CHICKEN:

- 4 chicken leg quarters (about 3-4 lbs total)
- 2 tbsp olive oil
- 2 tsp kosher salt
- 1 tsp freshly ground black pepper
- 1 tsp smoked paprika (for color and depth)
- 1 tsp dried thyme (or 2 tsp fresh thyme leaves)
- 1/2 yellow onion, thinly sliced

CARAMELIZED ONION BASE:

- 4 lg yellow onions, thinly sliced
- 3 tbsp butter
- 1 tbsp olive oil
- 1 tsp kosher salt
- 1 tsp sugar (to help deepen caramelization)
- 2 tsp fresh thyme leaves

- 1. Preheat the oven to 425°F.
- 2. Pat the chicken quarters dry with paper towels. Rub with skin with olive oil, salt, pepper, paprika, and thyme.
- 3. Place the onion slices on the bottom of a sheet pan and place the chicken pieces on top (The onions act as a roasting rack but give additional flavor). You can also eliminate the onion slices and cook the chicken on a rack.
- 4. Roast the chicken for 40-50 minutes, until the skin is deep golden brown and crispy, and the internal temperature reaches 165°F at the thickest part.
- 5. While the chicken roasts, melt the butter and olive oil in a large skillet over medium-low heat and add the 4 large sliced onions and salt.
- 6. Cook the onions slowly, stirring occasionally. They should become a deep golden brown after 30–40 minutes. At the halfway point, you can add in sugar, if needed, to help the onions caramelize.
- 7. Spoon the warm caramelized onion mixture onto a platter or plate.
- 9. Place the roasted chicken, that have rested for 10 minutes, over the onions.
- 10. Spoon a little pan juice over the chicken to glaze lightly and serve.



MARC AND ANGELA RYAN'S

Gluten-Free Gingerbread Cake

SERVES: 10

DRY INGREDIENTS:

2 cups gluten-free 1:1 baking flour

½ cup coconut flour

1 tsp baking powder

1/2 tsp baking soda

3/4 tsp salt

2 tsp ground ginger

11/2 tsp ground cinnamon

1/2 tsp ground cloves

1/2 tsp ground nutmeg

1/4 tsp allspice

OTHER INGREDIENTS:

11/2 cups brown sugar, packed

1 stick salted butter, softened

2 lg eggs

2 tsp lemon juice

1/2 cup molasses

1 cup hot water

3/4 cup frozen cranberries, prewashed

1 cup granulated sugar

FROSTING:

2 sticks unsalted butter, softened

4 cups powdered sugar

2 tbsp fresh orange juice

1 tbsp oat milk

1 tbsp orange zest

1 tsp vanilla extract

- 1. Preheat the oven to 350°F.
- 2. In a medium bowl, whisk together all dry ingredients. Set aside.
- 3. In a large bowl, cream the butter and brown sugar. Beat in the eggs one at a time, then mix in the lemon juice and molasses.
- 4. Alternate adding the dry ingredients and hot water, mixing until smooth.
- 5. Pour the batter into a greased bundt pan, smoothing the top and cleaning the sides.
- 6. Bake 45 minutes, or until a toothpick comes out clean. Cool in the pan for 10 minutes, then invert onto a wire rack to cool completely.

7. In a medium bowl, cream the butter until smooth. Add the powdered sugar, orange juice, oat milk, orange zest, and vanilla. Mix until the frosting is well blended, light, and fluffy.

8. Using an offset spatula, spread the frosting

evenly over the top of the bundt cake, leaving the sides bare. Set aside.

9. Roll the cranberries in granulated sugar until fully coated. Place on top of the frosted cake.

10. Serve and enjoy.

ONEISHA EDENS'S

Baked Breakfast Strata

SERVES: 8-10

12 lg eggs

3 cups whole milk

11/2 cups shredded sharp cheddar cheese

11/2 cups shredded smoked Gouda cheese

1 cup deli ham, chopped

1 cup scallions, chopped

3/4 cup roasted red pepper, chopped

11/2 tsp salt

1 tsp ground mustard

½ tsp garlic powder

1 (12 oz) loaf French bread

- 1. Grease a 9x13-inch (3-qt) baking dish.
- 2. In a large mixing bowl, add eggs, milk, salt, ground mustard, and garlic powder. Whisk well to break up all the yolks. Stir in the cheeses, ham, scallions, and roasted red pepper.
- 3. Tear the bread loaf into 1-2 inch chunks and place them in the baking dish.
- 4. Pour the egg mixture over the bread. Use a spatula to gently fold the bread so the ingredients are evenly distributed. Cover and chill until ready to bake.
- 5. Let the strata rest for at least 1 hour so the bread soaks up the eggs. (This is a great makeahead overnight recipe.)
- 6. Preheat the oven to 350°F.
- 7. Bake uncovered for 50–60 minutes, until the top is golden brown and puffy in the center. Insert a sharp knife into the center to check that the eggs are set. If not, bake another 5–10 minutes.
- 8. Cool for 5 minutes before cutting. Serve warm.

PHOTO ON PAGE 4

TABLE FOR TWO DEBORAH ADAMS'S

CoqauVin and Mashed Potatoes

SERVES: 2

4 baking potatoes, washed, peeled, and diced into 2-inch chunks

4 tbsp butter, divided (2 for potatoes, 2 for chicken)

1/₃ cup heavy cream

1/4 cup cream cheese

2 chicken breasts, boneless and skinless (for bone-in, add 10 minutes to cook time)

1 tbsp canola oil

1 tbsp olive oil

1 cup mushrooms, cleaned and quartered

1 cup pearl onions, fresh or frozen, cleaned and trimmed

4 sprigs thyme, leaves removed from stems

½ cup dry red wine

⅔ cup beef broth

1 tbsp plain flour

salt and pepper, to taste

- 1. Preheat the oven to 400°F.
- 2. Cover a sheet pan with foil and lightly oil.
- 3. Add the potatoes to a pot and cover with lightly salted water. Bring to a boil, cover, and reduce to medium for 20–25 minutes.
- 4. Season the chicken with salt and pepper.
- 5. Place a medium frying pan over high heat. Add the canola oil and 2 tbsp butter. Add the chicken and sear 3–4 minutes per side, until golden brown. Transfer the chicken to the sheet pan and roast in the oven for 25 minutes.
- 6. When potatoes are tender, drain and return them to the pot. Add the cream cheese, heavy cream, and 1 tbsp butter. Mash until smooth.
- 7. While the chicken is roasting, prepare the red wine sauce. Add 1 tsp olive oil to the pan used for the chicken. Add the mushrooms and pearl onions. Cook 4–5 minutes. Transfer to a bowl.
- 8. Return the pan to high heat, add red wine, and cook for 5 minutes. Add flour to the beef broth in a shaker, shake well, and add to wine. When thickened, add 2 sprigs of thyme and 1 tbsp butter. Add the vegetables back in.
- 9. Plate the food and drizzle the wine sauce over the chicken and potatoes. Garnish with thyme.

PHOTO ON PAGE 17

SUZY AND CLARK NEAL'S

Spinach Manicotti

MAKES: 6

- 1 (5 oz) pkg crepes (Ingles produce, each pack contains 10 crepes)
- 1 (32 oz) container ricotta cheese
- 3 cups shredded Italian blend cheese, divided
- 16 oz frozen chopped spinach, thawed and squeezed dry

½ cup Parmesan cheese, grated

2 lg eggs

2 tsp garlic, minced

1 tsp kosher salt

1 tsp red pepper flakes

2 cups marinara sauce, divided

non-stick cooking spray

- 1. Preheat the oven to 375°F. Spray a 9x13-inch baking dish with non-stick spray.
- In a large bowl, combine the ricotta,
 cups Italian blend cheese, spinach,
 Parmesan, eggs, garlic, salt, and red pepper flakes.
- 3. Pour 1 cup marinara sauce in the bottom of the baking dish.
- 4. Spoon a heaping ½ cup of filling onto a crepe, forming it into a log, then roll up without folding in the sides. Place the manicotti in the prepared pan, seam side down. Repeat with remaining crepes.
- 5. Top with 1 cup sauce down the middle of the manicotti, then sprinkle with 1 cup Italian blend cheese.
- 6. Cover the pan with foil and bake for 25 minutes, or until hot, bubbling, and the cheese is melted.
- 7. Cool slightly and serve with salad and garlic bread.

PHOTO ON PAGE 18

PUREDEGICE Cut slices, or just give everyone a spoon and let them dig in! KAITLYN BAKER'S S'mores Tart **RECIPE ON PAGE 22** THE INGLES TABLE | INGLES-MARKETS.COM

COCKTAILS DISTILLERY ASHEVILLE, NC

LEAH HOWARD'S

Smoked Maple Old Fashioned

SERVES: 1

2 oz bourbon or rye whisky ½ oz pure maple syrup

2 dashes cherry bitters

1 dash orange bitters orange peel, for garnish Amarena cherry, for garnish

1. In a mixing glass filled with ice, combine the bourbon, maple syrup, and both bitters.

2. Stir gently for about 20 seconds until well-chilled and balanced.

3. Strain the mixture into a rocks glass over a large cube of ice.

4. Express the orange peel over the glass, then add it in along with a cinnamon stick.

5. For an optional flair, smoke the glass with cherry or maple wood after pouring.

Serve and enjoy slowly, savoring the rich, cozy fall notes.



Pumpkin Spice Espresso Martini

SERVES: 1

1½ oz Cultivated Cocktail vodka
1 oz fresh espresso (optional)
1 oz Cultivated Coffee coffee liqueur
1 oz pumpkin spice syrup
dash of cream or oat milk (optional)
espresso beans, for garnish
pumpkin pie spice, for garnish

- 1. In a shaker filled with ice, combine the vodka, espresso, coffee liqueur, and pumpkin spice syrup (add cream, if using).
- 2. Shake vigorously for about 15–20 seconds, until frothy and chilled.
- 3. Double strain the mixture into a chilled coupe or martini glass.
- 4. Garnish with three espresso beans and a light sprinkle of pumpkin pie spice.
- 5. Serve and enjoy a cozy, caffeinated fall treat that's equal parts indulgent and energizing.

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