

FREE RECIPES FROM OUR TABLE TO YOURS

ingles
table



A N O T E F R O M C I N D Y

The days are getting longer, the air is warmer, and there's no better time to bring bright, bold flavors to your table. At Ingles Table, our chefs have been busy crafting fresh, fun, and budget-friendly recipes that make the most of what the season has to offer — from easy weeknight dinners hot off the grill to breezy no-cook lunches perfect for a lazy afternoon outside.

And of course, every great meal deserves a great dessert. Whether you're cooling off with something chilled or savoring a sweet bite under the evening sky, we have plenty of ideas to make every occasion feel a little more special.

When the week gets busy, let the Ingles Deli do the heavy lifting. It's the perfect spot to grab a satisfying lunch on the go, or pick up delicious chef-prepared meals on your way home — so skip the cooking and bring home something wonderful.

No celebration is complete without something from the Ingles Bakery, where our team is hard at work every single day creating beautiful breads, cakes, cookies, pastries, and more. Whether it's a Tuesday treat or a weekend gathering, there's always something fresh and irresistible waiting for you.

Planning a bigger event? Chef's Kitchen has you covered — from family picnics and birthday parties to weddings and everything in between. Pick up a copy of the Chef's Kitchen in-store or browse the full selection online at ingles-markets.com.

We're all about celebrating good food, family, and flavor, and we can't wait to share what's cooking this season.

-Cindy

Cindy Mixon
Vice President
Deli/Bakery/Starbucks
Ingles Markets

SUZY & CLARK
NEAL'S

Greek Orzo Salad

Recipe exclusively at
ingles-markets.com

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

THE INGLES TABLE TEAM



DEBORAH ADAMS

French Food Made Easy
Trained in France then Adapted
for the Busy American Family



KAITLYN BAKER

Nashville Recording Artist
Songwriter



SCOTT CULPEPPER

Proud Marine with a
Passion for aviation and
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ONESHIA EDENS

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and Catering



DALLAS MCCADE

'Kincaid & Dallas' Morning Show
Host with a Passion for Animals
and Vegan Cooking



SUZY & CLARK NEAL

Unicoi Preserves



JASMIN QUEEN, CNC

Winner of the TV Show
“My Diet is Better Than Yours”



ANGELA & MARC RYAN

Newlyweds who love
cooking together



KELLI SMITH & ERIN BARNETT

The Southern Table

KAITLYN BAKER'S

Weekend Waffle Bar

SERVES 4-6

VANILLA BEAN WAFFLES:

- 2 cups all-purpose flour
- 1 tbsp baking powder
- ½ tsp salt
- 2 tbsp sugar
- 2 eggs
- 1¾ cups milk
- ½ cup (1 stick) butter, melted
- 1 tbsp vanilla bean paste

WAFFLE BAR:

- Fresh strawberries
- Fresh blueberries
- Fresh raspberries
- Blackberries
- Kiwi, sliced
- Assorted nuts (such as pecans and walnuts)
- Assorted jams and jellies
- Honey or maple syrup

1. Preheat the waffle iron and lightly grease.
2. In a large bowl, whisk the flour, baking powder, salt, and sugar.
3. In a separate bowl, whisk the eggs, milk, butter, and vanilla bean paste.
4. Add the wet ingredients to the dry ingredients and stir until just combined.
5. Pour the batter into the waffle iron and cook until golden brown.
6. Arrange the waffles on a serving board or platter.
7. Place the fruit, nuts, and spreads in small bowls around the waffles.
8. Serve warm and allow guests to build their own.



RENNIE CURRAN'S

Protein Pancakes

SERVES 2-3

PANCAKES:

1 cup oat flour
1 tsp baking powder
1 tsp ground cinnamon
pinch of salt
2 large eggs

$\frac{3}{4}$ cup milk or unsweetened almond milk
1 ripe banana, mashed
1 tsp vanilla extract
1 scoop vanilla protein powder, optional

GINGER HONEY DRIZZLE:

2 tbsp honey or maple syrup
1 tsp fresh ginger, grated
1 tsp fresh lime or lemon juice
pinch of salt

1. In a large bowl, whisk together oat flour, baking powder, cinnamon, and salt. Add eggs, milk, mashed banana, vanilla extract, and protein powder if using. Stir until smooth.
2. Heat a nonstick skillet over medium heat and lightly grease with butter or cooking spray. Pour $\frac{1}{4}$ cup of batter per pancake onto the skillet. Cook for 2-3 minutes per side until golden brown and cooked through. Repeat with remaining batter.
3. Make the drizzle: In a small bowl, whisk together honey or maple syrup, grated ginger, citrus juice, and a pinch of salt until combined.

4. Cook turkey bacon according to package directions. Prepare eggs scrambled or over easy to your liking.

5. Serve pancakes with turkey bacon and eggs alongside. Drizzle the ginger honey sauce over the pancakes just before serving.

CHEF'S TIP:

1. Serve with turkey bacon and scrambled eggs for a protein-rich breakfast.





DALLAS MCCADE'S

Mango Salad

SERVES 4

SALAD:

2 ripe mangoes, peeled and
diced

1 bell pepper, diced

1 cucumber, diced

½ red onion, thinly sliced

½ cup fresh basil, chopped

DRESSING:

3 tbsp lemon juice

2 tbsp honey

1 tbsp olive oil

1 tbsp fresh ginger, minced

¼ tsp red chili flakes

¼ tsp salt

1. In a large bowl, combine salad ingredients. Mix well.

2. In a small bowl, combine the dressing ingredients. Whisk.

3. Pour dressing over salad, then toss to coat.

4. Serve and enjoy!

ABBY J'S

Southern Tea Party Sandwiches

Recipes available on page 8



ABBY J'S

Smoked Salmon Finger Sandwiches

MAKES 24 FINGER SANDWICHES

1 cup plain cream cheese, softened at room temperature
2 tbsp mayonnaise
1 tsp fresh lemon juice
1 tsp lemon zest
3 tbsp capers, drained and finely chopped
2 tbsp fresh dill, finely chopped, or 2 tsp dried dill
¼ tsp black pepper, or to taste
pinch of salt
16 slices pumpernickel or rye bread
14 oz high-quality smoked salmon, thinly sliced

1. In a medium bowl, mix cream cheese, mayonnaise, lemon juice, lemon zest, capers, dill, black pepper, and salt until smooth.
2. Spread the mixture evenly over all bread slices.
3. Layer smoked salmon over half of the bread slices.
4. Top with the remaining slices, cream cheese side down, and press lightly.
5. Trim the crusts if desired and cut into fingers, triangles, or squares.
6. Chill briefly before serving for best presentation.

PHOTO ON PAGE 7

ABBY J'S

Deviled Egg Tea Sandwiches with Sweet Fire Pickles

MAKES 24 FINGER SANDWICHES

2 cups prepared egg salad, store-bought
¾ cup Abby J's Sweet Fire Pickles, finely chopped
8 oz jalapeño cream cheese, softened
16 slices soft white sandwich bread

1. Fold together egg salad and chopped Sweet Fire Pickles until well combined.
2. Spread jalapeño cream cheese evenly on each slice of bread.
3. Spread the egg salad mixture over half of the bread slices.
4. Top with the remaining slices and press lightly.
5. Trim the crusts and cut into fingers, triangles, or squares.
6. Chill briefly before serving if desired.

PHOTO ON PAGE 7

ABBY J'S

Classic Cucumber Tea Sandwiches with Chive Cream Cheese

MAKES 24 FINGER SANDWICHES

8 oz cream cheese with chives, softened
1 large English cucumber, thinly sliced
16 slices soft white sandwich bread

1. Spread a smooth layer of chive cream cheese on each slice of bread.
2. Arrange cucumber slices evenly over half of the bread slices.
3. Top with the remaining slices, cream cheese side down, pressing lightly.
4. Trim the crusts and cut into fingers, triangles, or squares.
5. Chill briefly before serving if desired.

CHEF'S TIP:

1. These sandwiches are meant to be simple and elegant — just clean cucumber flavor and chive cream cheese with no additional garnish needed.

PHOTO ON PAGE 7

The Origins of High Tea and Tea Sandwiches

Despite the fancy reputation, high tea was actually the working-class evening meal in 19th-century Britain — a hearty supper of meat pies, cheese, and bread served around 5 or 6 o'clock at the high dining table. The fancy version is afternoon tea, credited to Anna Russell, the 7th Duchess of Bedford, around 1840. Dinner had crept to 8 or 9 p.m., and Anna got peckish, so she started taking tea and a light bite in her room at 4 o'clock. Friends joined in, and the ritual spread across polite society.

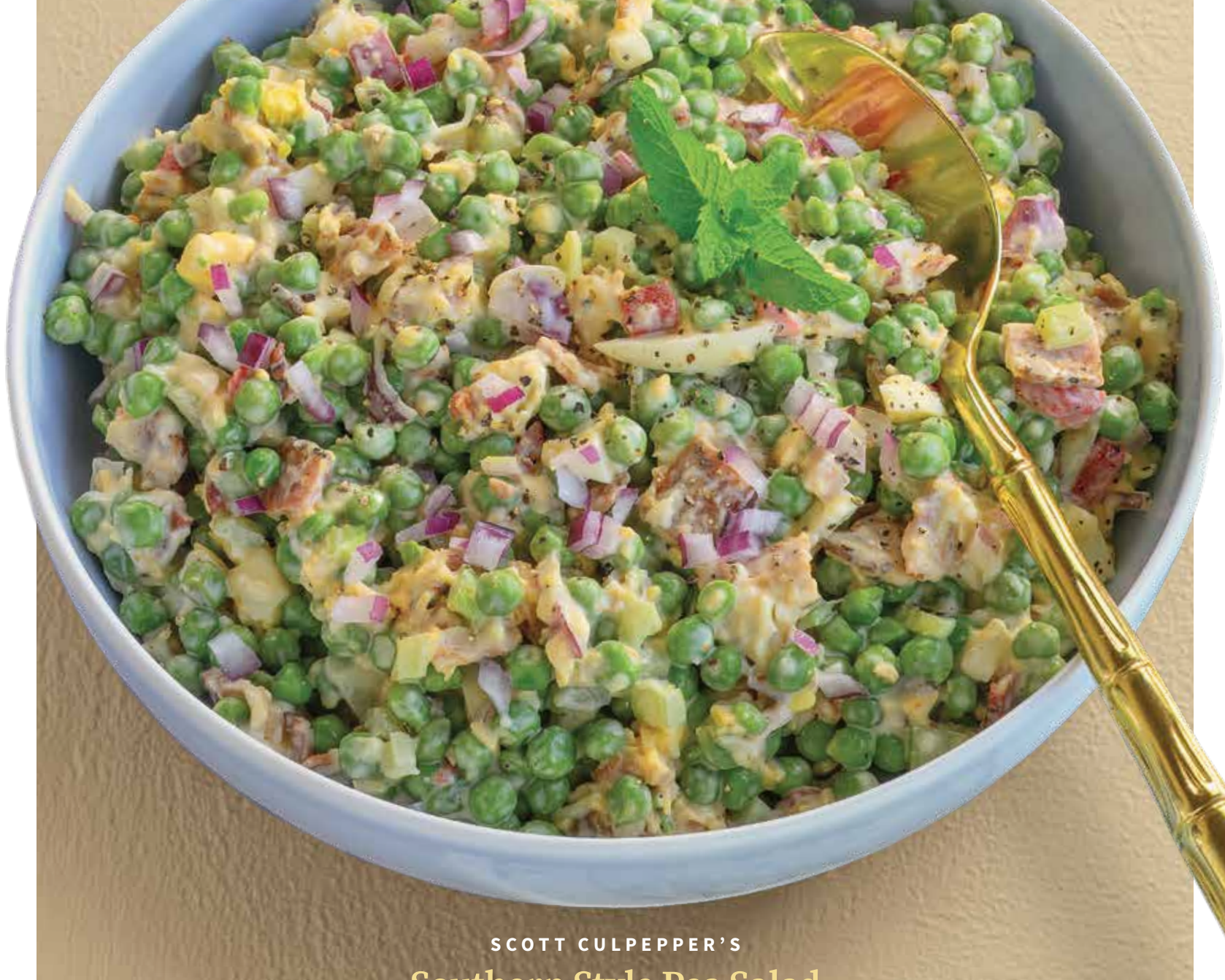
Tea sandwiches grew right out of that tradition. Small enough for one or two bites, no crusts, soft fillings — cucumber, egg salad, watercress, smoked salmon. Cucumber was the status symbol, since off-season cucumbers meant you had greenhouses. The whole tradition sailed to America and folded right into Southern hospitality.

ONESHIA "LOVELY BIG O" EDENS'S

Meaty Sweet Heat Baked Beans

Recipe available on page 16





SCOTT CULPEPPER'S
Southern Style Pea Salad

SERVES 8

SALAD:

4 cups frozen sweet peas,
thawed, drained, and dried

½ cup red onion, finely diced

½ cup celery, finely diced

½ cup Monterey jack cheese,
finely shredded

½ cup sharp cheddar cheese,
finely shredded

6 slices bacon, cooked and
chopped

3 hard-boiled eggs, chopped

½ cup pimentos, chopped

DRESSING:

1½ cups mayonnaise

2 tbsp apple cider vinegar

1 tsp sugar

1 tsp salt

1 tsp pepper

1 tsp cayenne (optional)

1. Thaw and drain the peas. Gently pat the peas dry.

2. In a large bowl, gently combine the peas, onion, celery, cheeses, bacon, eggs, and pimentos.

3. In a small bowl, whisk the dressing ingredients until smooth.

4. Gently fold the dressing into the pea mixture until well combined.

5. Cover and refrigerate for at least two hours before serving.

ANGELA & MARC RYAN'S

Gluten-Free Bourbon BBQ Little Smokies

SERVES 12

BOURBON BBQ SAUCE:

- 2 cups Laura Lynn's ketchup
- $\frac{3}{4}$ cup gluten-free bourbon whiskey
- $\frac{1}{2}$ large yellow onion, minced
- 4 cloves garlic, minced
- $\frac{1}{2}$ tbs salt
- $\frac{1}{2}$ tbs ground black pepper
- 2 tbs liquid smoke flavoring
- $\frac{1}{4}$ cup gluten-free Worcestershire sauce
- $\frac{1}{4}$ cup tomato paste
- $\frac{1}{3}$ cup apple cider vinegar
- $\frac{1}{2}$ cup packed brown sugar

LITTLE SMOKIES:

- 1 box gluten-free puff pastry
- 48 gluten-free cocktail-sized beef smokies
- 1 large egg
- 1 tbs water
- coarse sea salt, to taste

1. In a large skillet over medium heat, combine the onion, garlic, and bourbon whiskey. Simmer for 10 minutes until onion is translucent.

2. Stir in the ketchup, brown sugar, vinegar, tomato paste, Worcestershire sauce, liquid smoke, salt, and black pepper. Bring to a boil.

3. Reduce heat to medium-low and simmer for 20 minutes. Remove from heat and set sauce aside.

4. Preheat the oven to 425°F. Unroll the pastry onto a flat surface.

5. Cut the pastry sheet in half horizontally, then cut each half vertically into 1-inch strips. Trim one end of each strip on an angle to create a point.

6. Starting at the blunt end, roll each little smokie in a pastry strip, leaving the pointed tip exposed on top.

7. Whisk the egg and water in a small bowl. Brush egg wash over each wrapped smokie and sprinkle with coarse sea salt.

8. Bake for 30 minutes, or until golden brown. Serve warm.



JASMIN QUEEN'S

Elote Corn Cups

MAKES 6

- 2 tbsp butter
- 4 cups corn kernels
- ¼ cup mayonnaise
- ¼ cup Greek yogurt
- 2 tbsp Mexican crema
- 1 tsp chili lime seasoning
- ½ tsp smoked paprika
- ¼ tsp garlic powder
- ½ tsp kosher salt
- zest of 1 lime
- 1½ tbsp fresh lime juice
- ½ cup cotija cheese, crumbled
- 2 tbsp cilantro, chopped

OPTIONAL GARNISH:

- cotija cheese
- chili lime seasoning
- lime wedges

1. Melt butter in a large skillet over medium-high heat. Add corn kernels and cook 5 to 7 minutes, stirring occasionally, until heated through and lightly charred in spots.

2. In a large bowl, whisk together mayonnaise, Greek yogurt, Mexican crema, chili lime seasoning, smoked paprika, garlic powder, kosher salt, lime zest, and lime juice until smooth.

3. Add hot corn to the bowl and toss until evenly coated.

4. Fold in cotija cheese and cilantro.

5. Spoon into serving cups and garnish with cotija cheese, chili lime seasoning, and lime wedges, if desired.

CHEF'S TIP:

1. This recipe can be easily doubled for gatherings.





KELLI SMITH & ERIN BARNETT'S
Italian Tortellini Pasta Salad

SERVES 6

SALAD:

- 1 (20 oz) pack refrigerated cheese tortellini
- 1 cup cherry tomatoes, halved
- 1 cucumber, peeled and sliced
- ½ red onion, thinly sliced
- 1 cup pitted kalamata olives

- ½ cup chopped salami or pepperoni
- ½ cup grated parmesan cheese
- 1 cup baby spinach
- 1 cup arugula

DRESSING:

- ½ cup olive oil
- ½ cup red wine vinegar
- 1 tbsp Dijon mustard
- 1 tsp honey
- 1 clove garlic, minced

1. Cook tortellini according to package directions. Drain and rinse under cold water. Transfer to a large bowl.
2. Add all dressing ingredients into a separate bowl and whisk together.

3. Pour half of the dressing onto the tortellini.
4. Add all remaining salad ingredients to the bowl and pour remaining dressing on top.
5. Gently toss to combine all ingredients. Cover and refrigerate for one hour before serving.



Ask Leah

LEAH MCGRATH RD, LDN - CORPORATE DIETITIAN FOR INGLES MARKETS

EASY FAMILY SUMMER MEALS

When it's warm outside, no one wants to spend all of their time in the kitchen cooking, especially when they have gatherings of family or friends. Here are two ideas for easy meals that can make being a host/hostess more effortless and can provide plenty of options for your family and guests, regardless of their food preferences:

TACO BAR OR BOWL

KEY COMPONENTS:

Corn or flour tortillas (or **lettuce mix** for those reducing carbs) | Canned **black beans**

Chopped tomatoes, onions, avocado, sliced jalapeños | **Shredded cheese(s)** of choice

Ground meat (beef, turkey, chicken or even shrimp; you can even offer vegetarian-friendly meat alternatives)

Quinoa - perfect for those that don't eat meat/seafood | **Salsas**

(Time Saving Tips: Use the delicious pre-made salsa and guacamole from the Ingles Produce department. If opting for shrimp, look for pre-cooked shrimp in the Ingles Seafood Department.)

SUPER SANDWICH BAR

Pick up a **rotisserie chicken** (or two) from your Ingles Market Deli and slice it up for sandwiches.

Add in some different **lunch meats and cheeses** or even **tuna salad** or **chicken salad** that you've made

(or pick up a container of our delicious Rotisserie Chicken Salad)

OFFER A SELECTION OF:

Lettuces | Sliced **tomatoes** and **onions** | **Pickles** and **olives**

Condiments: **mayonnaise**, a variety of **mustards** | **Breads** or **rolls** from the Ingles Bakery



Table for Two

EASY MEALS MADE JUST FOR TWO

DEBORAH ADAMS'S

French Picnic Sandwich

SERVES 2

1 French baguette, sliced lengthwise ¼ cup walnuts, chopped
6 oz garlic and herb spreadable cheese ½ cup watercress, washed and dried
1 apple, any kind, thinly sliced 2 tbsp honey

1. Spread both sides of the bread with the cheese.
2. Sprinkle walnuts on top of cheese on one side of bread.
3. Place sliced apple on the same side of bread.
4. Put watercress on top of apples.
5. Drizzle honey on top of the watercress.
6. Put bread together, cut in half, and serve.

This sandwich is
delicious with my
**SPRING ARTICHOKE
& BEAN SALAD**

Recipe on page 16

ONESHIA “LOVELY BIG O” EDENS’S

Meaty Sweet Heat Baked Beans

SERVES 4-6

- 2 (28 oz) cans baked beans (do not drain)
- 1 lb ground beef or smoked sausage (or a mix of both), browned
- 6 slices thick-cut bacon, cooked and chopped
- 1 small sweet onion, finely diced
- ½ red bell pepper, diced
- ½ cup brown sugar
- ¼ cup molasses or honey
- ⅓ cup BBQ sauce (smoky style)
- 2 tbsp ketchup
- 1 tbsp yellow mustard
- 1–2 tsp hot sauce (adjust to taste)
- ½ tsp smoked paprika
- ¼ tsp cayenne (optional for extra heat)
- fresh cracked black pepper

1. In a large skillet, cook the ground beef or sausage until fully browned. Drain excess grease.
2. In the same pan, sauté the diced onion and red bell pepper until softened and slightly caramelized, about 5 minutes.
3. In a large bowl, combine the baked beans, cooked meat, bacon, sautéed vegetables, brown sugar, molasses, BBQ sauce, ketchup, mustard, hot sauce, smoked paprika, cayenne, and black pepper. Stir until well blended.
4. Pour into a greased 9x13 baking dish. Bake uncovered at 350°F for 45–60 minutes, until thick, bubbling, and glossy on top.
5. Let rest for 10–15 minutes before serving so the sauce thickens into a perfect sticky, jammy texture.

PHOTO ON PAGE 8

DEBORAH ADAMS’S

Spring Artichoke and Bean Salad

SERVES 2-4

- ¼ cup extra virgin olive oil
- 1 tbsp red wine vinegar
- 1 tbsp lemon juice
- salt and pepper, to taste
- 1 (14 oz) can artichokes, drained and quartered
- 1 (8.5 oz) can lima beans, drained
- 3 green onions, cleaned and chopped
- 2 tomatoes, diced

1. In a salad bowl, mix olive oil, red wine vinegar, lemon juice, salt, and pepper.
2. Add the artichokes, lima beans, green onions, and tomatoes.
3. Toss vegetables to coat with the dressing and serve.

CHEF’S TIP:

1. This salad goes beautifully with my French picnic sandwich.

PHOTO ON PAGE 15

SUZY & CLARK NEAL’S

Chicken Taquitos

SERVES 6

- 12 corn tortillas
- 2 cups rotisserie chicken, deboned and shredded
- 1 cup Laura Lynn finely shredded taco blend cheese with seasoning
- 2 tbsp taco seasoning
- peanut oil, for frying
- toothpicks

GARNISHES:

- shredded lettuce
- sour cream
- salsa verde
- tomato salsa
- cotija cheese, crumbled
- cilantro, finely chopped

1. In a large bowl, combine chicken, taco blend cheese, and taco seasoning. Fold together until all ingredients are mixed thoroughly.
2. Microwave corn tortillas under a damp paper towel for 20 seconds to make them pliable.
3. Place a tablespoon of the chicken mixture on the edge of a tortilla and spread in a line. Tightly roll the tortilla around the filling and place a toothpick through to hold it closed. Repeat until all of the chicken mixture is used.
4. Place ½ inch of peanut oil in a large heavy-bottomed pan and heat to 360°F.
5. Working in batches, fry taquitos 2-3 minutes per side, flipping once. The taquitos should be dark golden brown. Remove to a paper towel-lined cookie sheet and keep warm in the oven until ready to serve.
6. Arrange a bed of shredded lettuce on a platter and place taquitos on top. Garnish with a stripe of salsa verde, sour cream, and tomato salsa, then top with cotija cheese and cilantro. Serve immediately.

CHEF’S TIPS:

1. You can substitute flour tortillas for corn and you would have flautas!
2. You can also prepare these in an air fryer instead of pan frying.

PHOTO ON PAGE 21

**REMEMBER TO SIGN UP
FOR WEEKLY DIGITAL DEALS AT
INGLES-MARKETS.COM**

SMOKIN' JOE LASHER'S

Star Spangled Steak Sandwich

SERVES 4

STEAK:

1½–2 lbs flank or skirt steak
2 tsp olive oil
2 tsp kosher salt
1 tsp freshly ground black pepper
1 tsp smoked paprika
½ tsp garlic powder

SANDWICH BUILD:

4 hoagie rolls or brioche sub rolls
6–8 oz sharp cheddar cheese, sliced or shredded

PEPPERS & ONIONS:

1 red bell pepper, sliced
1 yellow bell pepper, sliced
1 red onion, sliced
1 tbsp olive oil
kosher salt and pepper, to taste

1. Preheat the grill to high heat.
2. Pat the steak dry. Rub with the olive oil, salt, pepper, smoked paprika, and garlic powder. Let rest at room temperature for 20–30 minutes.
3. Toss the peppers and onions with olive oil, salt, and pepper.
4. Grill the vegetables over medium-high heat until blistered and tender. Remove and keep warm.
5. Grill the steak 3–5 minutes per side (depending on thickness) until internal temperature reaches 130°–135°F for medium-rare.
6. Remove the steak and rest for 10 minutes. Slice thinly against the grain.
7. Lightly toast the hoagie rolls on the grill.
8. Layer the sliced steak onto the rolls. Top with the grilled peppers and onions.
9. Add the sharp cheddar and return briefly to the grill with the lid closed to melt the cheese.
10. Close the sandwich and slice on the bias before serving.



KAITLYN BAKER'S

Garden Mocktails

Recipes available on page 19

Orange
Ginger
Refresher

Blueberry
Honey Basil
Spritz

Lavender
Lemon
Spritz

KAITLYN BAKER'S

Lavender Lemon Spritz

SERVES 1

Ice

¾ cup lemonade

2 tbsp lavender tea concentrate with honey

Sparkling water

Blueberry juice (optional)

1. Fill a glass with ice.
2. Add the lemonade and lavender tea concentrate.
3. Add a splash of blueberry juice, if desired.
4. Top with sparkling water.
5. Stir and serve.

PHOTO ON PAGE 18

KAITLYN BAKER'S

Orange Ginger Refresher

SERVES 1

Ice

½ cup orange juice

½ cup ginger ale

1 lemon wedge (optional)

1. Fill a glass with ice.
2. Add the orange juice.
3. Top with the ginger ale.
4. Squeeze the lemon wedge over the drink, if desired.
5. Stir and serve.

PHOTO ON PAGE 18

KAITLYN BAKER'S

Blueberry Honey Basil Spritz

SERVES 1

¼ cup fresh blueberries

2 basil leaves

1 tbsp honey

Ice

Sparkling water

Blueberry juice (optional)

1. Add the blueberries and basil to a glass and lightly mash.
2. Add the honey and stir.
3. Add a splash of blueberry juice, if desired.
4. Fill the glass with ice.
5. Top with sparkling water.
6. Stir and serve.

CHEF'S TIPS:

1. The lavender tea concentrate is sweetened with honey.
2. Blueberry juice can be added for enhanced color and flavor.
3. Fresh herbs and fruit add the best flavor.

PHOTO ON PAGE 18

Pour One for Everyone: The Joy of a Good Mocktail

Here in the Southeast, hospitality is practically our love language. We serve sweet tea and lemonade by the pitcher. Here's an idea: next time you've got folks coming over, make mocktails instead.

The beauty of a good mocktail is there's no wrong way to build one. Whether it's glasses of muddled fruit topped with ginger beer, lemonade with frozen berries, or fresh herbs dropped into iced tea, you're going to end up with something refreshing.

Better yet, set out a build-your-own mocktail bar... let your guests be the bartenders. Start with lemonade, iced tea, sparkling water, and ginger beer. Add sliced citrus, berries, fresh mint and basil, and honey. Step back and watch — folks will get playful, they'll start naming their creations, and before you know it everyone at the party will have something a little special in their hand.

No matter the occasion, a drink is usually called for. Check the recipes above and, even more at ingles-markets.com, then turn your guests loose and see what they come up with.

Remember, the best parties have always been about the people, not the proof.

RENNIE CURRAN'S

Salmon and Broccoli Rice Bowl

SERVES 2

1 to 1¼ lbs fresh salmon,
cut into 2 portions
4 cups broccoli florets
1½ cups cooked rice

2 tbsp olive oil
black pepper, to taste
salt, to taste

GLAZE:

2 tbsp low-sodium soy
sauce
1 tbsp honey

2 cloves garlic, minced
1 tsp fresh ginger, grated
juice of 1 lime

1. Preheat the oven to 425°F. Toss broccoli florets with olive oil, salt, and black pepper. Spread on a parchment-lined baking sheet and roast for 8 minutes.
2. In a small bowl, whisk together soy sauce, honey, garlic, ginger, and lime juice to make the glaze.
3. Remove the baking sheet from the oven and push the broccoli to the sides. Place the salmon portions in the center and brush generously with the glaze.

4. Return to the oven and roast for 10-12 minutes until the salmon flakes easily with a fork.

5. To assemble, divide the rice between two bowls. Top with roasted broccoli and a salmon portion. Drizzle any remaining glaze over the top and finish with a squeeze of fresh lime. Serve immediately.



SUZY & CLARK NEAL'S
Chicken Taquitos

Recipe available on page 16

ANGELA & MARC RYAN'S

Gluten-Free Chili Lime Chicken and Rice

SERVES 4

4 skinless, boneless chicken thighs
3 garlic cloves, minced
2 limes, zested and juiced

2 tbsp chili powder
2 tbsp avocado oil
½ tsp ground black pepper

1 tsp salt
2 tbsp green onions, chopped
6 cups jasmine rice, cooked

4 cups steamed peppers
and onions

1. Preheat the oven to 400°F.
2. In a medium bowl, whisk together avocado oil, garlic, chili powder, salt, pepper, lime juice, and lime zest.
3. Transfer the marinade and chicken thighs to a gallon-size resealable bag. Refrigerate and marinate for at least 30 minutes.
4. Arrange the marinated chicken in a rimmed baking pan and bake for 30 minutes, or until fully cooked.
5. Slice chicken into strips and serve over jasmine rice.
6. Add steamed peppers and onions on the side.
7. Garnish with green onions. Serve warm.



HALEY HAYNES'S

No-Bake Peanut Butter Pie

SERVES 8

1 graham cracker pie crust

1 (8 oz) package cream
cheese, softened

1 cup peanut butter

1 cup heavy cream

1¼ cups + 2 tbsp
powdered sugar, divided

½ tsp vanilla extract

Hot fudge sauce and peanuts,
for garnish

1. Using a stand mixer with the whisk attachment, add the heavy cream, 2 tbsp powdered sugar, and vanilla to the bowl. Beat until stiff peaks appear, about 3–5 minutes.
2. Transfer the whipped cream to another bowl and keep refrigerated while making the peanut butter filling.
3. Using the mixer with the paddle attachment, add the peanut butter and softened cream cheese and mix until fully incorporated and creamy. Add the 1¼ cups powdered sugar and blend until combined.
4. Add the whipped cream back into the peanut butter mixture, reserving about ½ cup for garnish. Mix until fluffy.
5. Pour the mixture into the graham cracker crust and spread the top to make it even.
6. Dollop the reserved whipped cream on top, sprinkle with peanuts, and drizzle the pie with hot fudge sauce.
7. Chill for at least one hour before serving. This is great on a hot day.



SCOTT CULPEPPER'S

Millionaire Pie

SERVES 8

1 prepared graham cracker pie crust
1 cup sweetened flaked coconut
1 (15.25 oz) can crushed pineapple,
well drained
1 cup fresh blueberries

1 cup maraschino cherries,
drained and chopped
½ cup pecans, chopped
1 (14 oz) can sweetened
condensed milk

5 tbsp fresh lemon juice
2 tbsp maraschino cherry juice
1½ cups whipped topping,
plus extra for garnish

1. In a large mixing bowl, combine the coconut, crushed pineapple, maraschino cherries, blueberries, pecans, sweetened condensed milk, lemon juice, and maraschino cherry juice.
2. Gently fold in the whipped topping and mix softly until all ingredients are combined.

3. Pour the mixture into the prepared crust.
4. Top with additional whipped topping. Garnish with pecans, cherries, and blueberries.
5. Refrigerate for at least 3 hours, preferably overnight, before serving.

CHEF'S TIPS:

1. I like to make my own graham cracker crust using a traditional graham cracker crumb and butter recipe in a springform pan, but if you're pressed for time, using a prepared crust is the way to go.
2. Lemon juice is a key ingredient to help the pie set up properly.
3. Use sweetened condensed coconut milk and coconut milk whipped topping to make it plant-based.





LEAH HOWARD'S

Peach Bourbon Smash

SERVES 1

2 oz bourbon
½ oz pure maple syrup (or equal parts honey)
1 oz peach juice
1 cup sliced peaches
sparkling lemonade (or sparkling water), for topping
peaches, for garnish

1. In a shaker, add the bourbon, maple syrup, peaches, and peach juice.
2. Using a muddler, muddle the peaches with the liquid ingredients until the peaches are mashed.
3. Add ice to the shaker and shake until the outside of the shaker is slightly iced over.
4. Strain the ingredients using a hawthorn strainer into a glass with ice.
5. Top with sparkling lemonade (or sparkling water).
6. For an optional flair, add sliced peaches to the cocktail before serving.
7. Serve and enjoy the ripe peach flavor of this summer cocktail.

CHEF JOHN GIFALDI'S

Fruit Tart

SERVES 6

1 package puff pastry shells,
thawed

4 oz cream cheese,
softened at room temperature

¼ cup powdered sugar

¼ cup lemon curd

¼ cup heavy cream,
whipped to stiff peaks

splash of vanilla extract

handful of mixed berries

fresh mint, for garnish

1. Preheat the oven to 375°F.
2. Place pastry shells on a parchment-lined baking sheet allowing space between.
3. Bake for 15 minutes or until golden brown and allow to cool completely. Meanwhile, make the topping.
4. In a bowl, mix the cream cheese, powdered sugar, and a touch of vanilla, then add in the lemon curd.

Option 1: Add the mixture to a piping bag leaving out the whipped cream. Pipe the mixture into the shells then top each shell with a dollop of whipped cream, then top with berries and mint.

Option 2: Fold in the whipped cream, add to a piping bag, and fill the shells. Then top with berries and mint.



LEAH
HOWARD'S

Stars and Stripes Punch

SERVES 1

1 oz vodka

1 oz rum

1 oz
strawberry
syrup

½ oz
lemon juice

1 oz
pineapple
juice

Sparkling
Lemonade
(or Lemon-
Lime Soda),
for topping

1. In a shaker,
add the vodka,
rum, strawberry
syrup, lemon
juice, and
pineapple juice.

2. Add ice to
the shaker and
shake until
the outside of
the shaker is
slightly iced
over.

3. Strain the
ingredients
using a
hawthorn
strainer into a
glass with ice.

4. Top with
sparkling water
or sparkling
lemonade.

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